



HINTS AND HELPS
TO
HEALTH AND HAPPINESS.

OR
Long Life and Little Physic,

BY
✓
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AUTHOR OF "WHAT I SAW IN NEW-YORK,"

~~~~~  
SECOND EDITION.  
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P R E F A C E .

THE design of this work is to present, in a familiar manner, a variety of such practical subjects as are inseparably connected with the physical and mental prosperity of community.

Believing that cheerfulness promotes health, the author has endeavored to amuse, as well as instruct. And knowing that it is far better to prevent than to cure disease, he has taken the old adage, "*an ounce of prevention is better than a pound of cure,*" for his motto, hoping to stimulate the reader to adopt and encourage such sanitary measures as shall greatly augment the health and happiness of himself and others.

Moreover, he has been encouraged to embody in this volume, a few pages which he recently published in pamphlet form.

As domestic happiness is a very agreeable, and often an efficient agent in preventing various forms of disease, and a remedy to which very few will object, the writer has introduced several topics, which at first view may appear to have little or no bearing upon the subject of health. But let the precepts embodied in the work be practiced, and it

is believed that a good share of both health and happiness will be secured.

Among other things, the author has endeavored to emphatically impress upon the mind of the reader the importance of healthful food, active exercise, and pure air; as these are *nature's great specifics!*

It is believed that many of the statistics under the heads of Longevity, and Prison Mortality, will interest the reader.

In giving such hints as all should heed, care has been taken to use such terms as all can understand.

Though the work may not harmonize with every man's taste, habits, wishes, fancy, faith, and works, yet it aims to follow common sense, without restraint or mysticism—and expose error without reserve, give warning without fear, facts without fee, and advice without *physic*.

32 AMITY-STREET,

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HEALTH.

EVERY man desires *happiness* more than any thing else ; nothing does he so much *expect*, and if it is not his own fault, he will not be disappointed. But it must be evident to every reflecting mind, that much of a man's mental and physical enjoyment largely depends upon the state of his HEALTH.

Let this be wanting, and he may have every thing else that earth can give—he may be “clothed in purple and fine linen,” have all the gold and silver that heart can crave—he may have men to serve him, and friends to praise him, and kingdoms to honor him, and the world to worship him, and still he may find life a burden, and end his unhappy days by his own suicidal act !

This is a subject of solemn import, and whenever the medical man attempts to give to the public a word of counsel, he feels it deeply. He knows full well that a world's prosperity is involved in it. Moreover, he is aware that the health and happiness of his fellow-men too often fail of being promoted by his instruction, in consequence of inattention on their part.

When he presents a collection of practical hints, and lays down such rules as he deems needful to enable the reader to escape at least *some* of earth's morbid influences, it too often happens that neither are his motives appreciated nor his precepts practiced. Many who spare no pains or expense to gratify the eye, ear, or palate, will perhaps think less of his volume of advice, than of the evening song of the *Whippowill*.

For this reason, many distinguished men in the medical profession, refrain from giving to the world their experience, advice, and reproof. This, however, should not discourage them, as it will hardly excuse them, for there is a period in almost every man's probation, when he has an eye to see, an ear to hear, and a heart to crave.

If I should meet the reader in a famishing condition in a howling wilderness, far from home, and far from friends, with neither path to follow, nor food to eat, and should fill his hands with bread, and his mouth with water, and say to him, Follow me, and I will soon direct your footsteps to the way which you have so long sought in vain; he would doubtless have a heart to respond, and a will to perform. Such offered resistance, very few would fail to appreciate. But is it not possible to treat with utter neglect and indifference, proffered aid, of more importance still? Let the reader remember, to be guarded against errors, and to avoid mistakes, while on the perilous journey

of life, is far better than to receive the assistance of any, after having gone astray.

HEALTH is a boon of such infinite value, that no pains should be spared in preserving it, nor time lost in improving it, when impaired. But good precepts and good practice are not always concomitants. Procrastination, in all matters of moment, is usually condemned in theory, but too often approved of in practice.

Disease in the human system is often like a spark of fire in a mass of combustibles, which may be easily quenched, even by a child, if taken in time. But, through a little delay, an entire city may be reduced to ashes before the flames can possibly be arrested. So, also, a little neglect to preserve one's health, may be fraught with the most disastrous consequences.

Health not only promotes a man's physical and mental enjoyments, but materially protects him and others from *crime*.

A man in health is less likely than a diseased man, to lay violent hands on himself or his neighbor, and he ought to remember that his own health and comfort depend immeasurably more upon his own acts, than upon the skill and prescriptions of doctors. That he can treat himself far better in health, than his physician can treat him in disease. In other words, "an ounce of prevention is better than a-pound of cure."

How often does the physician hear the cry when it is too late, "Oh, that I had the constitution that I

once had, and which I foolishly, though unconsciously destroyed ! Oh, that I could recall the past !”

It is not very common for a man in health to send for a physician, but he would often show more wisdom in taking his advice without physic, than in waiting to take both. Moreover, he would find it good economy for himself, if not for the doctor.

Possibly some of my readers may feel a sufficient interest in this important subject to inquire, what can be done to aid nature in keeping all the vital organs of a wonderful and complicated machine in a state of integrity. To such, I propose to submit a few simple, practical hints, and shall endeavor to make myself understood by all who have eyes to *see*, and ears to *hear*. The several topics herein discussed, in which every individual is more or less interested, are presented to the reader without any special painstaking in classification. In giving advice, in exposing errors, and in urging reform, such explanations and illustrations are presented as, it is believed, will be approved.

HYGIENE.

In speaking of hygienic agents, the subjects of diet, exercise, rest, sleep, clothing, air, climate, bathing, affections of the mind, &c., naturally claim our attention. In the present volume, however, we shall be under the necessity of omitting many interesting subjects.

FOOD.

We should select our daily food with as much care and good sense as a wise builder would select materials for his house, upon the strength and quality of which, he knows will depend the safety of his household. We have a building to rear, preserve and inhabit, of vastly more importance to us than any which are constructed of wood, stone, and mortar. A *living* building, and one in which essential errors are not easily corrected. It would be well for all to remember this. And whether we or others, ignorantly or knowingly, select improper materials, *the tenant must suffer*. He will bitterly regret the mistake, and daily mourn over his uncomfortable abode, whose faults only increase with age, and whose premature decay hastens him away from the clayey tabernacle, to that distant land from whence no traveller returns.

How many such monumental warnings have passed before our eyes, whose influence upon us has been as ephemeral as the morning cloud and early dew. This I admit is a discouraging circumstance ; nevertheless, it is one of the strongest arguments in favor of multiplying other warnings, to prevent a repetition of such cases.

Let the reader remember that, in this matter, every one, to a very great extent, builds his own house. If any man has a poor, shattered, rickety abode, it is very much his own fault. The *writer*, if not the reader, can plead guilty to this charge, as he regrets exceed-

ingly that the subject did not make the same impression on his mind thirty years ago that it does now. Hence he feels the more constrained to warn others, and especially *parents*, lest their children should hereafter be compelled to take up the same lamentation.

It might be well for parents to count the cost before they spend too much on a rotten foundation in their offspring or themselves, by trying to build up a constitution with such imperfect materials as candy, sweetmeats, pastry, nuts, and other paltry trash, which only pervert the appetite, and destroy the digestive organs to a greater or less extent.

How often does the fond mother seal the fate of her children in this very way, and then wonder that they have such imperfectly formed bodies, such miserable constitutions, such distorted spines, enlarged joints, flabby muscles, tumid abdomens, dropsical heads, and feeble health. The mystery is that they survive such treatment so long, and so well as they do. But they often find an early tomb as the graveyard can testify. And an epitaph written upon their tomb-stones, *Killed by eating trash with the consent of parents*, would be more appropriate than acceptable.

In selecting our food, we ought to remember, that if we desire to have sound bones, strong muscles, pure blood, good nerves, perfect health, and long life, we must not only supply nature with a sufficient amount of materials to enable her to turn out from her great work-shop, a good specimen of her skill, but they must be of a suitable quality and quantity,

wisely prepared, at proper times, and in the right place. How often are the organs of assimilation fatigued and vexed, so to speak, in trying to pick out of the rubbish which is thrust into the stomach, such articles as she wants, and no less so in striving to get rid of that for which she has no use.

Hence I am led to make a few suggestions to the reader, which must not only be very brief, but, from the nature of the subject, very imperfect. It is hardly possible to give any dietetic rules which are safe for all, or even for any to follow at all times, either in sickness or health.

MODIFYING INFLUENCES.

The quality and quantity of food required from time to time, are modified by a variety of circumstances. There is a constant change going on, both in ourselves and the external world. In our own frail bodies, we sometimes perceive little variation in a day, a month, or a year. At other times, the change produced in one short hour is frightfully great!

Our food is not the same in Spring as in Autumn, and the difference is still greater between Summer and Winter.

The *atmosphere* around us is still more unstable; as its thermometric and hygrometric changes are incessant.

The particular state of the *system* often requires careful attention to diet.

The *seasons* also modify the demand for food, as more is needful in winter than in summer ; and more also in cold climates than in warm, as a part is used as fuel to keep up animal heat. Hence those who are well protected in cold weather, both man and beast, require less nourishment than those who are more exposed.

Occupation has also its modifying influence. Those who are accustomed to laborious exercise, generally need more food, and of a richer quality, than those who are sedentary in their habits.

Age has no less claim upon our attention, as childhood and youth demand more aliment, comparatively, than old age, and need it more frequently. Nature must have the materials or the building cannot go up.

Location has also a voice in this matter. It frequently happens that a man who can eat ham and eggs with impunity in the country, can hardly tolerate a Graham cracker after a few weeks' residence in the city.

The manner of *preparing* food has much to do in making it fit or unfit for the stomach. A hard boiled egg becomes a different thing from one slightly cooked ; and one fried in fat is more indigestible than one boiled in water. All fried articles are generally unfit for invalids, and especially dyspeptics. Indeed almost any man of sedentary habits may show his wisdom by shunning them.

Some articles of food are more digestible in a *raw*

state, than when cooked. Eggs and oysters may be mentioned as examples. And, strange as it may seem, cabbage, when boiled until it is perfectly tender, requires more than twice as much time to digest it, as it does when it is eaten raw, with a little vinegar.

Articles of food, whether cooked or raw, which the stomach will digest with the greatest facility to-day, may remain like a stone in that organ, perfectly unaltered for hours, to-morrow. And the amount which is absolutely indispensable at one time, might suddenly prove fatal at another.

It is often said, that every man can best judge for *himself*, how, and what he ought to eat. Every intelligent man can do so, if he will be more careful to consult his feelings an hour or two after eating, than his palate at the table.

VARIETY INDISPENSABLE.

Nature and art have provided a very great variety of food for man. And here, in our own American paradise, garden of Eden, and land of Canaan, we are blest with a bountiful supply. But with all this profusion, it is not always so easy a matter to make a wise selection for ourselves, as one at first might suppose. If the constitutions of mankind were all alike, and remained the same; if every nutritious agent always remained the same, so that none of those changes, which we have already noticed, occurred, we should find it comparatively easy to give dietetic rules, and to follow them. But, after all, the

most formidable obstacle in the way of our coming to a proper conclusion, is, the PALATE.

MEAT.

ANIMAL Food under certain circumstances, is the only proper aliment. No matter what the Grahamites say to the contrary.

At other times, a *vegetable* diet is clearly indicated. A mixture, however, of the two, with various modifications, according to age, climate, season, &c., is undoubtedly the best adapted to the great majority in health.

Lean meat is generally preferable to fat, though there are some exceptions. And *fresh* meat is more digestible than salt meat, although it appears, from some late experiments, that pork, *recently* salted, digested sooner than that which was perfectly fresh.

Of the different kinds of meat, there are none better than beef and mutton. Fish, poultry, game, &c., are all good in their place, but there is no one place that is fit for them all at the same time, at any rate the stomach is certainly an exception.

VEGETABLES.

Of all vegetables, there is scarcely another, which is both useful and healthful to the same extent, as the Irish Potato.* Of course I do not mean potatoes half ripe, half rotten, or half cooked.

* According to common parlance, bread is hardly counted among vegetables at the table.

I speak of good, ripe, healthy, mealy potatoes, well prepared for the table.

When we look at Ireland, many of whose inhabitants live almost exclusively on them, (and find no cause to complain when well supplied,) or at New England and other parts of our country whose inhabitants are extravagantly fond of them, and hardly live a day without them, and see the general health and strength of the consumers, we are driven at once to the conclusion that the potato is almost indispensable to life.

In Pereira's work on "Food and Diet," there is an account given of an experiment made to test the nutritive powers of the potato, and, as it is not supposed by many to be very nutritious, the account may interest the reader.

"In the year 1840, some experiments were made on the effects of different diets on the prisoners confined in the Glasgow Bridewell ; and the following extract from the report of the Inspectors of the Prisons, deserves to be noticed here in connection with the preceding observations on the nutritive powers of potatoes :

| | | | | |
|--------------|--------------------|---------|---|---|
| " Breakfast, | 2 lbs. of potatoes | boiled, | | |
| Dinner | 3 " | " | " | " |
| Supper | 1 " | " | " | " |

"A class of ten young men and boys, was put on this diet. All had been in confinement for short periods only, and all were employed at light work, teasing hair. At the beginning of the experiment, eight

were in health, and two in indifferent health; at the end, the eight continued in good health, and the two who had been in indifferent health had improved. There was an average gain in weight of nearly $3\frac{1}{2}$ lbs. per prisoner, the greatest gain being $8\frac{1}{4}$ lbs. by a young man whose health had been indifferent at the beginning of the experiment. Only two prisoners lost at all in weight, and the quantity in each case was trifling. The prisoners all expressed themselves quite satisfied with this diet, and regretted the change back again to the ordinary diet."

Yes, Doctor, and we doubt not that many out of prison, since 1840, on your side of the water, would have considered it a special favor to have been subjected to a similar experiment, and probably would have gained more than eight lbs. if the time of feeding had been sufficiently protracted.

There are many vegetables in common use, with which every one is familiar, that need not be noticed; such as asparagus, spinage, celery, lettuce, turnips, cucumbers, onions, &c., which are all good in their place, though less nutritious than potatoes. There are other vegetables which are even more nutritious than animal food. Peas and beans may be given as examples. But these edibles though very rich, are not easily digested, consequently will rarely agree well with the dyspeptic. It frequently happens that, in selecting edibles it is necessary to economize, and it would surely be poor policy for a man with a little money and a dozen hungry children, to feed

them on asparagus or spinage, and I may perhaps add even potatoes, at the prices for two or three years past. There is as much nourishment in one pint of dried beans or peas, as there is in half a peck of potatoes, or two pounds of ordinary butcher's meat, including the bones. The beans will cost three to four cents. The potatoes will cost on an average about ten to twelve cents, and the meat more still. Hence we perceive that the difference in favor of the beans, is more than three to one, as far as expense and actual nutrition are concerned. But it should be remembered that those who have been accustomed to bulky meals, will hardly be satisfied with a sufficient amount of nutrition in such a condensed form. And what is still more important, their health would not be equally promoted.

There are various opinions respecting the propriety of eating *cucumbers*. They are doubtless tardily digested, and are often unfit for young children and dyspeptics. But it cannot be denied that many use them with impunity, and many more would probably do so, if the article could always be obtained in a fresh and healthful state. And this may be said of many other vegetables. But this is too often a difficult matter in the city.

Although it is desirable that our food should be easily digested, yet let it be remembered that it does not always follow, that one article is better adapted to the system than another, because it simply has this property. Although fresh lean meat (roast

beef) digests soon enough, as a general rule, namely, three and a half hours, yet rice, pigs feet, and tripe, digest in *one* hour. But this does not prove that pigs feet and the other edibles are better adapted to the nourishment of the system, than beef.

Again, it is not only important that our food should be digestible, but also that it should contain the elements essential to the growth and nourishment of all the tissues of the body. And none are more perfectly adapted in this respect, than lean meat, fish, bread, milk, peas, beans, and potatoes.

It is a curious fact that *hash* very often distresses the dyspeptic far more than simple beef, hot or cold, and yet it digests half an hour sooner than either roast-beef, or steak. Although soft boiled eggs are generally considered very digestible, (though they are not as much so as many other articles,) yet the author is usually more oppressed from the use of this edible, than from the use of butcher's meat.

It may gratify the reader to see Dr. Beaumont's Table of comparative digestion, which is the result of numerous experiments tried upon an individual under unparalleled circumstances.



Experiments on Digestion.

The person alluded to, and here exhibited in the engraving, was wounded in the battle of Plattsburgh by a cannon ball, which carried away a portion of his stomach; yet, strange to say, he recovered. And, what is still more curious, the wound healed, leaving an external opening sufficiently large to enable the doctor to toss into nature's laboratory, all manner of edibles, from time to time, until his curiosity was pretty thoroughly satisfied in watching the process and progress of digestion.

But I fear the reader will say, "The poor man's stomach was minus the very part which usually pre-

sides over the digestion of those edibles, of which I happen to be very fond," and which unfortunately appear to be rather tardily converted into chyme.

| Aliments. | Preparation. | Time. H. M. |
|---------------------------------|--------------|----------------|
| Rice,..... | Boiled, | 1. |
| Pigs feet, soused,..... | do | 1. |
| Tripe, soused,..... | do | 1. |
| Eggs, whipped,..... | Raw, | 1.30 |
| Trout, salmon, fresh,..... | Boiled, | 1.30 |
| Trout, salmon, fresh,..... | Fried, | 1.30 |
| Soup, barley,..... | Boiled, | 1.30 |
| Apples, sweet, mellow,..... | Raw, | 1.30 |
| Venison, steak,..... | Broiled, | 1.35 |
| Brains, animal,..... | Boiled, | 1.45 |
| Sago,..... | do | 1.45. |
| Tapioca,..... | do | 2. |
| Barley,..... | do | 2. |
| Milk,..... | do | 2. |
| Liver, beefs, fresh,..... | Broiled, | 2. |
| Eggs, fresh,..... | Raw, | 2. |
| Codfish, cured, dry,..... | Boiled, | 2. |
| Apples, sour, mellow,..... | Raw, | 2. |
| Cabbage, with vinegar,..... | do | 2. |
| Milk,..... | do | 2.15 |
| Eggs, fresh,..... | Roasted, | 2.15 |
| Turkey, wild,.. | do | 2.18 |
| Turkey, domestic, | Boiled, | 2.25 |
| Gelatine,..... | Boiled, | 2.30 |
| Turkey, domestic, . | Roasted, | 2.30 |
| Goose, wild,..... | do | 2.30 |
| Pig, sucking,..... | do | 2.30 |
| Lamb, fresh,..... | Broiled, | 2.30 |
| Hash, meat and vegetables,..... | Warmed, | 2.30 |
| Beans, pod,..... | Boiled, | 2.30 |
| Cake, sponge,..... | Baked, | 2.30 |
| Parsnips,..... | Boiled, | 2.30 |
| Potatoes Irish,..... | Baked, | 2.30 |
| do do | Roasted, | 2.30 |
| Cabbage, head,..... | Raw, | 2.30 |
| Spinal marrow, animal,..... | Boiled, | 2.40 |
| Chicken, full grown,..... | Fricaseed, | 2.45 |
| Custard,..... | Baked, | 2.45 |
| Beef, with salt only,..... | Boiled, | 2.45 |

| Aliments. | Preparation. | Time H. M. |
|--------------------------------|--------------|---------------|
| Apples, sour, hard,..... | Raw, | 2.50 |
| Oysters, fresh,..... | Raw, | 2.55 |
| Eggs, fresh,..... | Soft boil'd | 3. |
| Bass, striped, fresh,..... | Broiled, | 3. |
| Beef, fresh, lean, rare,..... | Roasted, | 3. |
| Beefsteak,..... | Broiled, | 3. |
| Pork, recently salted,..... | Raw, | 3. |
| Mutton, fresh,..... | Broiled, | 3. |
| do do..... | Boiled, | 3. |
| Soup, bean,..... | Boiled, | 3. |
| Chicken soup,..... | do | 3. |
| Aponeurosis,..... | do | 3. |
| Apple dumpling,..... | do | 3. |
| Cake, corn,..... | Baked, | 3. |
| Oysters, fresh,.. | Roasted, | 3.15 |
| Pork, recently salted,..... | Broiled, | 3.15 |
| Pork steak,..... | do | 3.15 |
| Mutton, fresh,..... | Roasted, | 3.15 |
| Bread, corn,..... | Baked, | 3.15 |
| Carrot, orange,..... | Boiled, | 3.15 |
| Sausage, fresh,..... | Broiled, | 3.20 |
| Flounder, fresh,.. | Fried, | 3.30 |
| Catfish, fresh,..... | do | 3.30 |
| Oysters, fresh,.. | Stewed, | 3.30 |
| Beef, fresh, lean, dry,.... | Roasted, | 3.30 |
| Beef, with mustard, &c.,... .. | Boiled, | 3.30 |
| Butter, .. | Melted, | 3.30 |
| Cheese, old, strong,..... | Raw, | 3.30 |
| Soup, mutton,..... | Boiled, | 3.30 |
| Oyster soup, >..... | do | 3.30 |
| Bread, wheat, fresh, .. | Baked, | 3.30 |
| Turnips, flat, .. | Boiled, | 3.30 |
| Potatoes, Irish,..... | do | 3.30 |
| Eggs, fresh,.... | Hard boil'd | 3.30 |
| Eggs, do..... | Fried, | 3.30 |
| Green corn and beans,..... | Boiled, | 3.45 |
| Beets,..... | do | 3.45 |
| Salmon, salted,.. | do | 4. |
| Beef,..... | Fried, | 4. |
| Veal, fresh,..... | Broiled, | 4. |
| Fowls, domestic,..... | Boiled, | 4. |
| do do..... | Roasted, | 4. |
| Ducks, do..... | do | 4. |
| Soup, Beef,..... | Boiled, | 4. |
| Heart, animal, .. | Fried, | 4. |

| Aliments. | Preparation. | Time. H.M. |
|-------------------------------|--------------|---------------|
| Beef, old, hard, salted,..... | Boiled, | 4.15 |
| Pork, recently salted,..... | Fried, | 4.15 |
| Soup, marrow-bones..... | Boiled, | 4 15 |
| Cartilage,..... | do | 4.15 |
| Pork, recently salted,..... | do | 4 30 |
| Cabbage,..... | do | 4.30 |
| Veal, fresh,..... | Fried, | 4.30 |
| Ducks, wild,..... | Roasted, | 4.30 |
| Suet, mutton,..... | Boiled, | 4.30 |
| Pork, fat and lean,..... | Roasted, | 5.15 |
| Tendon,..... | Boiled, | 5.30 |
| Suet, beef, fresh,... | do | 5.30 |

CRITERION.

Now, although the above table presents many interesting facts, yet the reader will perceive that it will hardly be a safe rule to follow, taking for a criterion the time required for the digestion of each article. For example, many can eat a piece of plain fowl, with impunity, or slight inconvenience, who cannot tolerate a single ounce of old cheese, though the latter digests half an hour sooner than the former.

The fact is, more mischief may be done in the use of an edible attended with *distress*, though it digest in a single hour, than in eating others, which require four times that period, without any oppression. Every man knows very well that a *horse*, fed on certain articles of food, does not feel so well as when fed upon others, and cannot endure as much hardship. It would seem that men ought to be as quick to discern their own sensations, and as wise to select suitable aliment for themselves, as for their horses and dogs.

It is to be hoped that the reader will feel that he has something more to do in selecting food from day to day, as varied circumstances demand, than simply to commit to memory certain rules from books, although said rules are never so good. Nevertheless rules may lead to good results—may bring us to proper conclusions. And as it is of no small importance that we not only select proper articles of food and have them suitably prepared for the table, but equally important that said food be received into the stomach in a proper manner, I therefore submit the following rules in regard to eating.

RULE 1. *Eat not by rule*: nor make your neighbor's eating your own criterion.

It is perfect folly for A to think that he can very properly and safely eat roast goose, because B does. SAMUEL might as well have thought that he could take the doors of the gate of the city of Gaza, the posts, bar, and all upon his shoulders, and carry them up to the top of the hill that is before Hebron, because *Samson* did so. There was a time when even Samson could not do it again.

So in the experience of many a man, there is a time when he finds that he has outstripped the strong man in folly, but discovers it too late to save himself, if not from the wrath of the Philistines, from the penalty of a violated law. Therefore eat *what*, and *where*, and *when*, your own experience approves.

2. *Eat not too much.*

Every body, after years' practice, ought to know when to stop eating. And every man thinks that he *does* know. And surely it is not an easy matter to decide for him. But if not deficient in knowledge, some are evidently wanting in practice. There is more to be feared from a surfeit than a famine, in a land whose never failing streams are milk and honey.

The stomach, let it be remembered, largely consists of muscular fibre, which possesses the property of elasticity and contractility. This is the only tissue that can give motion to any organ in the body. It will also be remembered, that when filled with its accustomed stimulus, the stomach does not lie as passive in the abdomen as a pudding-bag in a New-England dinner-pot. But commences at once a rolling, churning motion, (although involuntary and inappreciable to the senses,) tumbling the food from side to side, and mixing it up with the gastric juice, until its contents are discharged into the duodenum.

Now it may be seen at a glance, that, whatever interferes with this process, must retard digestion. And over-distention does this very thing. By stretching this fibrous or muscular coat of the stomach, from day to day, beyond its proper boundary, with an undue amount of food, its resiliency is more or less destroyed, so that it cannot contract upon the food with sufficient power to discharge its function with that vigor which is necessary to healthful digestion. Consequently the food undergoes a change which is

prejudicial to health. One of two things generally constitutes the cause of this error—namely, a profusion of dishes, or a morbid appetite. I pity the stomach that has to rectify both evils combined.

3. *Eat not too little.*

There are those who seem to fancy that almost any disease may be cured by *starvation*. Whereas, almost every chronic complaint may in this very way be aggravated. It not unfrequently happens that such cases improve rapidly by being well treated by the *Butcher*! But let those who live on the fat of the land, beware how they thus add fuel to the flame in any *acute* disease.

4. *Eat not too fast.*

Some people seem to take their food as though they were eating for a whole nation in a state of starvation, and thrust down every mouthful as though they expected each would save some famishing soul from death. Don't hurry, you will get along all the better. There is not a doubt that many seriously injure their digestive organs by eating more like a starved grey-hound, or a famishing savage, than civilized men. Again, I repeat the injunction, Don't hurry, nor swallow your food whole.

5. *Eat not too often.*

The stomach needs rest, as well as the hands or the head. And, beside all this, after a meal is nearly digested, to thrust upon the digestive organs a mass of crude materials before this beautiful pro-

cess is finished, would seem to be as great an insult as to dash upon the canvass a bucket of paint, when the artist has only to make a few touches to finish his work. Three times a day, at proper intervals, is quite often enough for an adult in health.

6. *Eat in good humor.*

Cheerfulness, though not yet added to the list, in the text books on anatomy, may nevertheless be called one of the organs of digestion, and is by no means an unimportant one.

Therefore, the less you cry, and the more you laugh (if you do not choke), the better. A man should never, just before dinner, commence any important business which will be likely to try his *patience*, especially if it is of such a nature that it can safely be deferred, or, if thus prosecuted, will be likely to involve himself and another hungry man, in a quarrel. For while the stomach is weary of waiting for its accustomed stimulus, the slightest insult may prove quite indigestible, and render his dinner so too!

But let the stomach be well supplied first, no matter to whom it belongs, and the man will become as manageable as an anaconda, after he has introduced a young buffalo to the interior of his snakeship, and as harmless as was Samson after Delilah had shaven off his "seven locks." On the other hand, let the man be sorely vexed, or grievously injured, just before dinner, and he will be in a fit condition to turn roast-beef into *fried-clams*! A man should never expose himself to *contagion*, with an empty stomach.

7. *Eat not incompatibles*

A profusion of dishes, leads to a profusion of ills, encourages a profusion of doctors, and ends in a profusion of remedies, which are very likely unsuccessful. If a man has for his dinner a piece of good beef or mutton, well cooked, he had better wait until the next day, before making further experiments in analyzing the animal kingdom, unless perchance a little milk or butter be needful to complete the first experiment. Some people seem to ransack the heavens, the earth, and the seas, to prove that they live to eat. Hence, go they will for incompatibles, if they are compelled to dispose of them as the sickened whale did of the Prophet. But such people would do well to remember, that fish and mutton, and pork and game, and nuts and cheese, and wine and oil, are about as unequally yoked together in the stomach, as sheep and shad are in the ocean.

8. *Proscribe not variety.*

Some people are so fond of extremes, that they not only sweep all animal food overboard, but even the man who eats the wheaten-loaf, unmixed with straw, is in their estimation little better than a *Cannibal*. We go decidedly for a wholesome variety, and for that very reason would not have all the good things at once. But while we look over the world's great bill of fare, and rejoice in such a profusion of edibles, we certainly would not rob the poor Grahamite of "*bran-bread*."

9. *Never gratify the palate at the expense of health.*

First count the cost, expecting to foot the bill. Better "eat to live, than live to eat." Better please the stomach than the palate. Better eat for profit than for pleasure.

10. *Rest after dinner.*

Avoid vigorous exercise immediately after a full meal, and, rely upon it, digestion will go on all the better. The stomach has work enough to do, at this important moment, to require the strength of the system. (See art. on Exercise.)

11. *Beware of Poisoned Edibles.*

Never eat an unhealthy article because it is *cheap*. The writer once knew a family who were unfortunately poisoned, and several of them fatally, by eating (as was reported) salted geese which had spoiled at sea, and which the owner, who was the captain of a vessel, and a victim of the poison, did not like to throw away after his return home. But the reader will not expect to need any caution in this, or any similar case, though other edibles occasionally undergo a change which makes them peculiarly obnoxious to health. I would however more particularly notice an article which is much admired by epicures, though some pay dearly for their indulgence. I allude to *fungi* (mushrooms). Various directions are given by writers for avoiding the poisonous varieties of this edible. But no better rule can be given than one which has already been given by Dr. Lee, namely, *let them all alone*. And this may be said of

(every other article which is brought upon the table to hurry men to the dust—*Let it alone.*

12. *Masticate and insalivate.*

The *saliva* performs a very important part in digestion, and there are those, (not a few) who deprive the stomach of this essential fluid by constant and profuse spitting, which is induced by resorting to that pernicious weed, the use of which, as a *luxury*, one would almost be inclined to think must have been first suggested by the enemy of our race, that wicked spirit who began early in the world's history to tempt mankind astray, commencing with the appetite, and meeting with great success up to the present day.

Now for a man to sit between two of these genuine manufacturers of the precious infusion of tobacco, who, ever and anon, make a spittoon of the bottom of the stage, and a street-sprinkler of their mouths, is a "trial of heart and nerve," to say nothing about the shining gaiters, and fine stockings, and white skirts, and silk dresses, and the best wishes of the fair sex.

But what does the man get in return for this foolish, filthy habit? He often gets the constitution of a poor, miserable, nervous, fidgety, broken-down dyspeptic. True, he does not get it in a day—may not in a year; but, sooner or later, he is almost certain to suffer.

But you may say, "I cannot live without it."

How does your *mother* live without it; and when did the doctor order it for your *sister*?

Now I am not going to say that it can *never* be used to advantage, when used moderately. Exceptions of course to general rules. But I do say that, *ninety-nine times in a hundred, its use is prejudicial to health.*

In relation to mastication, it should not be forgotten that the process of digestion commences in the *mouth*, and that food thoroughly chewed is half digested. To do this properly, two things seem indispensable, namely, time and teeth. I have already spoken of the folly and the danger of eating too fast. This error is no trifling one. Many, without a doubt, suffer from indigestion half their days from this cause. But I must leave the reader to eat fast, or slow, little or much, often, or seldom, as time, patience, plenty, and prudence may indicate, while I give him a hint in relation to that important apparatus which contributes so largely to health and comfort, namely, the teeth.

In order to obtain good bread, among other things, it is not only necessary that the grain should be good to start with, but it is quite important that it should be well ground. So if we would have good digestion, it is equally important that our food should be well masticated, and to do this effectually, good *teeth* seem quite indispensable. Perhaps it will not be improper for me, although a little out of place, to give a word of advice in relation to preserving these useful organs, which are often most shamefully abused, and at other times as shamefully neglected.

The first, and most important thing, is, to keep them *clean*. But to do this, avoid the use of strong acids,

and other corroding agents. A thorough brushing daily, with an occasional use of suitably prepared charcoal, (see recipes,) will usually suffice. At any rate, keep them clear of all foreign substances, such as tartar, slime, pieces of meat, &c. It is generally thought to be a very simple manipulation to *brush* the teeth, and this is so. But, simple as it is, I find few who do it rightly. The brush is usually passed a few times *across* the teeth, or even many times, in some cases, the mouth is rinsed out, and the work is supposed to be well done. This however, is a mistake. It should be done both ways. That is, pains should be taken to brush the teeth lengthwise, or the brush does not pass into the spaces between them sufficiently to remove all foreign substances which may be lodged therein. In brushing the lower teeth, brush upward, and the upper teeth, downward.

The next important item to bear in mind, is, the very moment decay commences, have it arrested as soon as possible. Go immediately to your dentist, and the matter will be properly attended to. But don't wait to see whether the tooth is going to ache. No matter if it never aches. And if it is painful, don't think to make short work of it by going to some quack tooth-puller, or apothecary's apprentice, to have it extracted. Every tooth you lose "drives a nail in your coffin." Hence you had better keep your teeth, if you would preserve your health. We often hear it said, "It is better to pay the butcher than the doctor," but you must also pay the *dentist*, or the doctor may pay both, and the *taylor*, too, out of

your pockets, and then perhaps forgive you half his due. Every cavity, in its incipient state, and in a tooth otherwise sound and healthy, properly filled, will amply reward and sufficiently remind you, that the gold is well deposited. The investment will be found a safe one, and the *dividends* frequent. But wait until the cavity becomes large, the vitality and the beauty of the tooth nearly destroyed, and it will be much more tedious and expensive to have it filled, and, when it is done, it will not be strange if it should be found little better than stock in a broken bank. No matter how small the cavity, even if it is smaller than a *pin's-head*. That is the very time to stop it successfully.

Some people never think of going near a dentist, unless their teeth *ache*, or they can detect some decay. But this again is all wrong. It is impossible for any man to make a thorough examination of his own teeth. To prove this, I beg leave to present an example. While the author was once inspecting the work of a distinguished dentist, a gentleman presented himself to have his teeth examined, supposing from occasional pain, as he said, that some tooth must be a little decayed, though he could not detect it. At first view, it was thought that the man must be mistaken. But, after a thorough removal of the tartar, and a careful examination, the gentleman's apprehension was more than confirmed, for the number of cavities to be filled was *eight* !

It will be remembered that pain was in this case the cause which led to an examination, and had there been no uneasiness, though twice as many cavities, per-

haps the man would have supposed that all was safe. Hence we discover the importance of a frequent examination by a practiced eye. We are very willing to admit that it is a greater luxury to have some delicious edible between your teeth, (especially if you are hungry,) than a dentist's fingers, files, and forceps. But, never mind that. Your appearance, your comfort, your health, nay, your very existence, more or less demands your attention to this subject.

To those who unfortunately have no teeth to take care of, or with which to eat, and cannot afford to get a very good substitute, I would say, chew your food well on your plate. Indeed, I would say this to all. Keep a sharp knife, and don't be afraid to use it, for this is the best thing we can do while the grinders are absent.

One word to parents, while I am on this subject, will suffice. Look well to the condition of the teeth of your children. The brief hints given above are generally quite as applicable to children as to adults, and in some respects more so; for they will be almost certain to say nothing about any affected teeth, so long as they do not ache. But I wish to make a remark on one point which I have not yet noticed, namely, that a wrong direction is frequently and needlessly given to a growing tooth, which sometimes disfigures the individual for life. Whenever you discover any imperfection in this respect, you had better consult your dentist at once, and have the evil corrected before it is too late.

To return from this digression, to the subject of food, I would remark that in eating, no individual

can hardly have stronger reasons for watchfulness and self-denial, than the dyspeptic ; and few perhaps feel more tempted to disregard theories, facts and common sense. One would at first suppose that this class of sufferers would be glad to walk in any safe path, to shun such a serious affliction. But how many thousands are now suffering from many *real*, and not a few *imaginary* evils whose wretchedness is mostly owing to their own folly. They know full well their misery ; for a *happy dyspeptic* is as rare as a *white crow*. Notwithstanding all this, with many, every thing that *tastes* good, must go down, if it is followed in ten minutes by a perfect *abdominal tornado*.

With an impaired state of the digestive organs, many articles of food become manifestly hurtful, which otherwise would not only be harmless, but beneficial. Many of these articles contain saccharine matters, which, in a weak and deranged state of the stomach, are very apt to undergo acetous fermentation, setting free a large quantity of gas, which distends the stomach and bowels, and thus by pressure disturbs the functions of the heart, liver, lungs, and other organs, producing cough, difficult respiration, palpitation of the heart, severe pain, and other alarming symptoms, which often awaken sad suspicions in the sufferer.

PASTRY.

But there are certain articles of food, and which are very generally used, which no man in reality ought to touch. Among these ill-adapted agents,

and in wide-spread evil influences, *Pastry* stands pre-eminently at the head of the list, though it ought to be as much shunned by all, as swine's flesh is by the *Jew*.

To see one of nature's fairest emblems of purity, as it comes from the miller's snow-white bolt, thus tortured into an instrument of self-destruction, is enough to put a *thinking* man into a pathological state. And what makes the matter still worse, this mischief-making trash is generally taken after too much is eaten already.

Mothers, if you wish to *bury* your children, feed them on pastry; if you would have them live long enough to bury you, feed them on stale bread, plain meat and wholesome vegetables.

NUTS.

Again, the whole tribe of *nuts* is altogether unwholesome trash, being nearly saturated with fixed oil. And although a man may eat them for a while, and dream of impunity, and laugh at advice; yet, sooner or later, indigestion of a more or less aggravated character, will be almost certain to follow.

Yes, let a man, with what is generally called a *weak stomach*, persevere in eating these indigestible things, which ought to be marked *poison*, and he may have the best physician that ever lived since the time of *Hippocrates*, and access to all the remedial agents that have ever been discovered since the days of *Æsculapius*, and he will probably live in *misery* and die in *haste*!

INFLUENCE OF THE MODERN EATING-HOUSE.

Many young men, (and I cannot even acquit the fair sex,) ruin their health before their physical frame is fairly developed, by improper eating. This painful truth is more strikingly witnessed in large cities and towns, than in rural districts. Few suspect the large number of shattered constitutions which owe their ruin to the modern "Eating-House." Said a young lawyer to me the other day, "I nearly destroyed my health at the eating-house, before I suspected the danger."

I am aware that such establishments are convenient for many, and it is by no means altogether the fault of the proprietors, that they are not fountains of health. Hence I do not condemn the vender, but I warn the unwary *eater* !

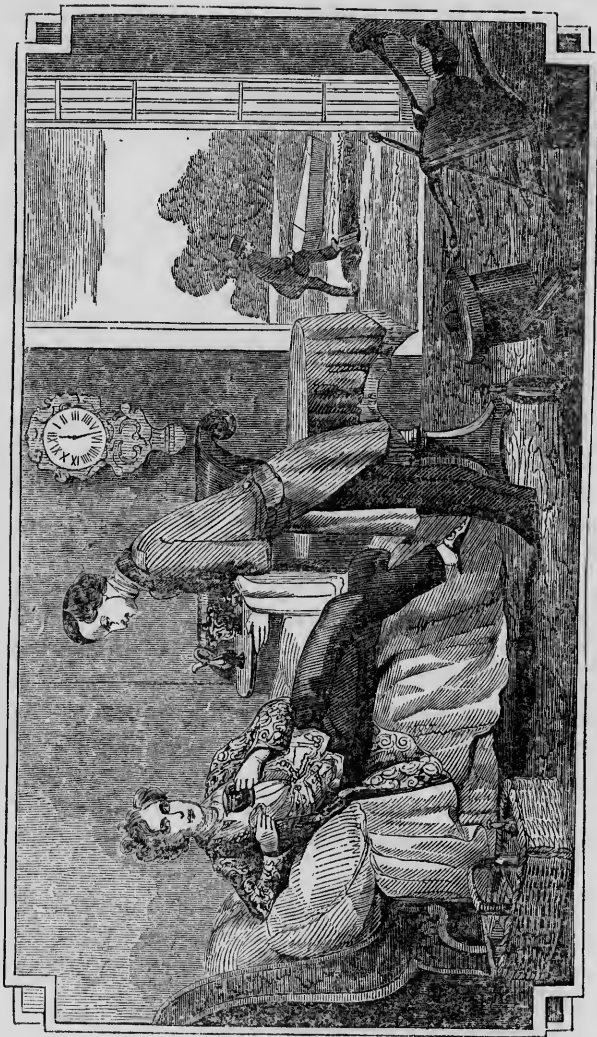
Young men *flock* to these places, daily, to eat a meal in haste, and so thrust down their food without mastication, that an inexperienced spectator would be very likely to say, Poor fellows ! how their mothers do starve them at home ! And he would hardly dare to take a vacant seat at the table, lest some mortal more hungry than himself, might stand in perishing need of his place.

But, not only do they so hastily dispatch plate after plate, that the waiter from morning till night, hears the cry of "*hurry up the cakes*," but they are also tempted to eat such things as no judicious mother would think of furnishing for a daily meal. As they take a seat at the table, the eye glances over the bill of fare, the *palate* makes the selection, and that unruly member, which no man can

tame, keeps the waiter on the trot, and down goes the pies, cakes, tarts, jellies, puddings, custards, dumplings, and a host of other indigestible trash, quite sufficient to lay the foundation for future wretchedness.

Moreover, with many, imprudent eating does not stop here. They not only make rapid strides to their own graves by day, by eating improper things, but they cap the climax at night, by eating at improper hours, and by going to bed about the time when they ought to be ready to rise. Frequently such an one does not make his appearance at the breakfast-table till nearly noon, unless driven up by his engagements, and of course has a poor appetite at that. He sometimes tries to get down a cup of coffee, before he leaves his room, while the patient waiter, skillful cook, and indulgent mother, all lend a hand to shorten his passage to the tomb.

Now, to expect present health, and a happy old age, as the result of such folly, would be about as reasonable as to expect life from the dead. And, although such semi-suicides will not admit, or do not suspect their danger, yet those who thus show their folly, had better pay their bills and make their wills, for they will soon need a *sexton*, more than a *doctor*.



A Short Road to the Grave.

TEA AND COFFEE.

Although there is no middle ground between vice and virtue (unless the dumb beast can claim it), yet there seems to be a central path, as to most of our earthly transactions, which holds out greater inducements,—encourages those who walk therein to hope for more success and safety, than those who take the extremes, either on the right hand, or on the left, have any reason to expect.

Volumes have been written for and against the use of tea and coffee. Ultraists have ransacked the world for facts, to prove that *tea* is as poisonous as *arsenic*! Others fill up the old family tea-pot to the very brim, with an infusion “strong enough to bear up an iron wedge,” and drain it to the very dregs, to show conclusively that not a single day’s enjoyment is possible without it.

As to friends and foes, coffee probably shares about the same fate.

JUDGE BY THE EFFECTS.

Both tea and coffee of moderate strength, and in moderate quantity, may doubtless be taken with food by the majority in health without injury, and in many cases with decided benefit. They are both nutritious and stimulating cordials. Every one knows that a cup of weak tea, in sickness, is frequently almost the only thing the stomach will tolerate.

But the difficulty is, to convince people that they take their tea and coffee too strong. Or, perhaps in some cases, that they should take none at all. There is no good reason why any man or woman should

drink *strong* coffee or tea. The man who uniformly drinks the strength of a tablespoonful of ground coffee in each cup, is no better satisfied, than the man who uniformly takes a teaspoonful. Some will find that they enjoy better health, when they drink only *tea*, and others, when they drink only *coffee*; and some when they take *neither*. But either of these articles as a beverage, is preferable to *chocolate*, for health, especially for dyspeptics.

Many persons are in the habit of asking questions as to what is healthful, and what is hurtful to eat, drink, &c., when information for the sake of *reformation*, is the very last thing desired. It is of very little use to talk to such people. They would be very glad to have the doctor's opinion, provided it should harmonize with their pre-conceived notions, and confirmed habits. But it is very easy to see that any advice that he may give, will be of little service to this class, view it as you will. If they are already in a safe path, they do not need his advice. If they are *not*, his opinion would not have the weight of a feather. Moreover, if he is foolish enough to endorse their *excess*, then they go stumbling over a time-serving doctor, all their days; for an ounce of advice on the side of *appetite*, will weigh down a pound of counsel in the scale of reason and truth.

But there are those who sigh for facts; and toil for knowledge. Who love to hear little every day things (every body's things) discussed. They content themselves to pattern after the bee, and take the honey wherever and whenever they can find it. For this class I intend my remarks, though I do not promise them much *honey*.

FOLLOW INDICATIONS.

The old proverb, "what is one man's meat is another man's poison," is quite too true to be forgotten. Hence the importance of observation.

Therefore, no better dietetic rule can be given in relation to the use of any nutritious agent, than to follow *indications*.

But what are the indications? says the reader. That is just what I want you to tell me.

Yes, but it is just what I cannot tell you, without special information. What do I know about your individual condition, your constitution, your occupation, peculiar habits, exposures, idiosyncrasies, &c. There may be circumstances which render it important for an individual to be confined to the use of an article at one time, which would be manifestly unsuitable at another. Now if it is so difficult to point out a path which is safe for a single individual to follow under all circumstances, it is very obvious that rules which are given for all, must be very imperfect.

Should any suspect that either tea, coffee or any other article is prejudicial to their health, and yet fancy that they can hardly decide which is doing the mischief; let me advise such, to make the trial of first giving up the article which they *love* most.

It behooves each one to examine closely what seems to be the best adapted to his constitution and condition, as to the use of every thing. And surely no man ought to expect such rules to be given as will supersede the necessity of a little painstaking in this respect.

Have you been in the habit of drinking coffee for

a long time, with uninterrupted good health? Then it is pretty clear that there are no indications for changing your habits in this respect; and especially if you have taken it moderately. Of course the same remarks will apply to tea. But if there has been any excess in the use of these articles, I would recommend an immediate reform. For although you may not at present discover any alarming symptoms, yet you may be gradually undermining the constitution while you little suspect it; and if you wait to be thoroughly convinced, the evidence may become overwhelming.

Excess in eating and drinking, and in almost any thing else, is not always followed immediately, by serious consequences. Nature will long apologize for our follies, by striving to adapt the constitution to our habits, whereas, we ought to adapt our habits to the *constitution*. But her patience will not last forever, and you may rue the day that you meet her frown.

Suppose you see a man toiling hard to gain some object, you know not what, whose countenance and every act, betray great anxiety of mind. You say, "Friend, what are you doing?"

"What am I doing? Why, to be sure, I am trying to gain the good will of nature," says the man.

"What! you have the good will of nature already, unless you have long and grievously offended."

"Alas! I have done that very thing."

"Ah! then, rest assured, thine is not an easy task. Thou wilt find it necessary to toil long, hard, and incessantly to regain her favor. Thou wilt have to

make double restitution, and treble, too, if she requires it."

"What then must I do?"

"Why, you must *undo* as fast as you can, much that you have done amiss. You must get into the path of prudence, as soon as possible. But you will find it much easier to commit errors, than to correct them."

DECIDE WISELY.

Suppose that you have indulged in the use of coffee for years, though temperately, as you suppose, and your health has been gradually failing, without any very apparent cause, it will be easy to perceive that indications suggest a change in some one or more of your habits. *Something* must be wrong. Coffee may be to blame, perhaps tea, and possibly neither of these articles have any thing to do with the difficulty. Perhaps some other little indulgence which you do not suspect, or one which you are unwilling to abandon, is secretly shortening your days.

But, suppose you conclude that coffee may possibly have much to do in bringing the evil upon you, can you not decide the question without sending for a medical prophet? Resolve not to taste or smell a homœopathic dose of it for six months, and substitute for it, the coffee of olden time, namely "*crust-coffee*." It makes no man nervous. It is no mean drink. People used to like it, when their palates were as honest as they are now.

If you have been in the habit of drinking the former beverage very strong, why, then burn the crust

all the blacker. And if this is not bitter enough, put in one or two grains of aloes to each cup, which will form an excellent substitute for "dinner pills," which are very likely needed.

If, after trying this experiment, you do not find your health sufficiently improved to convict and condemn coffee as the guilty one, be not in haste to conclude that it must be innocent. It may not be the *sole* agent: very likely it is combined with other causes which are gradually working out an unhappy change in the system.

Many, without a doubt, are injured by the habitual use of strong *tea*, in a way which is not alluded to by popular writers. At least I have seen no such notice. I have reference to its *constipating* influence. Neither Pereira, in his "*Materia Medica*," and his treatise on "*Food and Diet*," nor Wood and Bache, in their "*United States Dispensatory*," nor Dunglison, in his "*Human Health*," all valuable productions, give a word of caution while discoursing upon the article, in relation to this tendency—at least none that I have discovered; although some of these gentlemen speak of an objection to coffee because it makes some people costive. Now it may be proper to briefly examine this subject, and see how far facts warrant such a conclusion in regard to coffee, and how far silence in relation to the constipating influence of tea, is justifiable.

ELEMENTS OF TEA AND COFFEE.

In speaking of the essential elements of these agents,

I shall notice only those with which our subject is immediately connected.

TEA, of every variety, contains a large amount of *tannin*, and green tea about one sixth part. This, it is well known, is a powerful astringent, and the very article to check excessive evacuations, such as diarrhœa, &c. And how does it produce such a result? Of course, it is by locking up the secretions. And if so potent in disease, will it not shut up the fluids in health? It does this very thing, and here lies one of the great evils of using strong tea, and, in my opinion, the worst of all.

COFFEE, on the contrary, does not contain a particle of tannin. Now I do not say that tannin is indispensable to constipation, neither do I say that this affection never follows the excessive, or even moderate, use of coffee. This would be to deny facts. But I am not sure, after all, that people would *not* be costive, if they abandoned their coffee altogether, and did not reform in any other particular. Moreover, it is well known that, with many, coffee is actually a *laxative*. But I have never heard of an instance where tea had this effect.

Again, many contend that coffee makes people more *nervous* than tea. With some this may be so. But it is now well understood that *theine*, the essential principle of tea, and *caffeine*, the essential principle of coffee, are perfectly indetical, (a curious fact,) being composed of $C^8 H^5 N^2 O^2$.

Now one would be inclined to expect a similar effect from the use of articles whose essential principles are so identical. But they possess other prin-

ciples entirely different, and, in a majority of cases, it will probably be found that the article which most disturbs the functions of the stomach and bowels, will most effect the nervous system.

VARIETIES OF TEA.

Writers are not altogether agreed about the comparative influence upon the system, of the different kinds of tea. The majority, however, hesitate not to give the black variety, the preference. But Dr. Dunglison, in his work on "Hygiene," says, "when employed in moderation, the particular variety may be wholly left to the taste of the consumer."

This will be very acceptable news to those who happen to be partial to either variety. But it is too good to be *true*. We care not a straw what effect either may have upon chemicals in a professor's laboratory. The question is, what effects do these agents produce on the human system? Do they make us sick or well? Do they lead to weal or woe? Now it is a daily occurrence, that people are benefitted by exchanging the green for the black variety. But the converse of this, may be said to be rare, when the *palate* will consent to have facts brought into court as witnesses.

But, after all, what says chemical analysis? In 100 parts of *green tea*, 17.80 are tannin. Whereas *black tea* contains only 12.88 per cent. of this powerful astringent. Here we perceive at once, a very wide difference. Moreover, Pereira, in his work on "Diet," says, that the peculiar influence of tea over the nervous system, depends on the *volatile oil* which it con-

tains. This I very much doubt. But let us again appeal to chemical analysis, to ascertain its comparative influence, if it has any. Well, the green variety contains 0.79 per cent. and the black only 0.60. Here again we perceive a very considerable difference in favor of black tea.

To conclude this part of my subject, I would remark, that the sugar taken with either tea or coffee, often disagrees with the dyspeptic. The quantity of fluid is another objection, as it diminishes the solvent power of the gastric juice by diluting it.

CONDIMENTS.

A very few words on the subject of condiments will suffice. Salt, the first and most important of all, is so generally used, and its value appreciated, that none, except a few *one-idea-men*, will presume to question its value. (*See remarks on Hydropathy.*)

But we find a variety of opinions respecting other articles, such as vinegar, pepper, mustard, horse-radish, ginger, nutmegs, &c., &c. Any of these, and similar articles, may doubtless be used with moderation in health, and frequently with advantage. A small quantity of pepper, either black or red, stimulates the nervous tissue of the stomach, causing this organ to act with more vigor, and thereby promotes digestion, and has a tendency to prevent flatulence. Vinegar, used moderately, also promotes digestion and improves the appetite. But all should be cautious how they interrupt the wise and salutary operations of nature.

Whenever she says, "Here is a subject for fat, and

deems it expedient to make a large deposit of this burdensome tissue, as it sometimes becomes, let her alone. She knows what to do better than you. Just let her proceed. That the reader may know what the writer means by this hint, he takes the liberty of presenting a brief sketch of an affecting case, which will probably suffice.

FATAL EXPERIMENT.

“A few years ago, a young lady, in easy circumstances, enjoyed good health; she was very plump, had a good appetite, and a complexion blooming with roses and lilies. She began to look upon her plumpness with suspicion; for her mother was very fat, and she was afraid of becoming like her. Accordingly she consulted a woman who advised her to drink a small glass of vinegar daily: the young lady followed her advice, and her plumpness diminished. She was delighted with the success of the remedy, and continued it for more than a month. She began to have a cough; but it was dry at its commencement, and was considered as a slight cold, which would go off. Meantime, from day to day, it became moist; a slow fever came on, and a difficulty of breathing; her body became lean, and wasted away; night-sweats, swelling of the feet and of the legs succeeded, and a diarrhœa terminated her life. On examination, all the lobes of the lungs were found filled with tubercles, and somewhat resembling a bunch of grapes.”

EXERCISE.

This is a matter of great importance, and demands our attention and encouragement at every period of life. It has equal claims upon all nations; and the whole animal kingdom is hardly less exempt than man. But notwithstanding the necessity is so great, and the result so good, when properly attended to, and so ruinous when neglected, yet many let the precious opportunity slip, for securing one of the greatest earthly blessings that man can ever gain, until, when it is too late, a shattered constitution reveals to them their folly !

While many are sacrificing their health and comfort to a listless, idle, passive life, it behooves those who fully realize the evil tendency of this *ease-loving* age, to speak out to the generations of the living, such sentiments as the vast importance of this vital subject demands. The careful attention of the reader, for a short time, is therefore respectfully solicited, while we briefly examine the subject of physical exercise, under four heads, viz. : its *importance*, the *testimony* in its favor, the proper *mode*, and the *result*.

ITS IMPORTANCE.

That active and habitual exercise are important, to develop a strong and symmetrical body—to preserve the health—to give to food a pleasant relish, and to sleep a refreshing sweetness—to make the mind cheerful, the passions governable, and life, with all its burdens, comfortable—appears too obvious to need

any proof. But it is one thing to *admit*, and another thing to *feel*.

If a convoy of angels should be commissioned to fly from the heavenly world, to this sickly planet, with a message for the slothful sons and daughters of Adam, and should take their stands at the corners of our streets, and, with the voice of a trumpet, cry, *Health, strength, and life*, to the active; they would have less hearers this very day, than if they cried, *Cash, pleasure, power*.

Let them tell the inhabitants how to get *gold*, and ten thousand times ten thousand would be ready to fall down and worship them, saying, O tarry with us, tarry with us; your message is thankfully received, it is better than life; pray tarry, till we, our children, and our children's children, have all obtained skill and wisdom to get gold.

But, as many seem to require much less evidence in favor of the importance of getting gold than of getting *health*, we must turn our attention for a moment to the

TESTIMONY IN FAVOR OF PHYSICAL EXERCISE.

The best specimens in its favor *positively*, are those who use it most, (if not to excess,) and the best *negative* specimens, are those who use it least. The negative and the positive testimony every where abound. And the living witnesses which may be found in almost every street, are doubtless sufficient to satisfy every candid mind, with a moment's reflection, as to the difference between the active and the idle man. There is, moreover, a difference in more respects than

one. Their health and strength, their happiness and usefulness, their physical and mental enjoyments, are by no means the same.

See the man who lives an active, stirring life ! Who has work for his hands as well as his head. He has a noble frame, a strong arm, a clear head, a confiding heart, and a happy frame of mind. He is not suspicious of his friends, nor easily discouraged in times of trial.

Not so with those who take little or no exercise. Is such man in a good condition to endure hardship, to meet adversity ? No. He is not even prepared to meet *prosperity*. And instead of his being qualified for activity, or the commerce of life, it would make him pant to carve a turkey !

In a word, there is just about as much difference between the active and the idle man, as there is between the right hand and the left, when the former is made to do the work of both, while the latter hangs passive in a sling.

We have an abundance of testimony in favor of exercise in the book of *inspiration*, which, from beginning to end, condemns idleness, and applauds activity. And not so much to hoard up gold, as to promote spiritual and physical health.

NATURE'S TESTIMONY.

In the book of *nature*, too, we have testimony as clear as the noon-day sun. The all wise Creator has placed every living creature (with possibly a very few exceptions) in circumstances which make it ne-

cessary for all to live a stirring life. And why? Simply to promote their highest good. In this way the smallest animalcule is perfectly developed, and by this very necessity, probably receives as much comfort as it is possible for it to enjoy.

It is very interesting to look at the clear testimony which comes to us from the hand of our Creator at a particular time of life. It is as much to the point, as if every word which has ever been uttered by man in favor of physical exercise, had been written down by inspired prophets.

Look at the frolicksome lamb, the kid, the calf, the colt, the kitten. In one sense there is less need of activity at this period, yet in a very important sense, it is more demanded than at any other time of life. *Now*, the beneficial effect is two-fold. Let parents keep this in mind. It is necessary for the natural growth of the body, and for the preservation of health.

But how is this important end obtained, while there is so little necessity for exertion? By a universal inclination to play. And surely none but an atheist will say that this is an accidental circumstance.

Take for example the kitten. During about one-third of its entire growth, it hardly need to use a limb to procure a subsistence, as its mother furnishes it with milk and with meat. Yet every one knows that this playful kitten will take more steps every day, than its mother. And although with a different object, will nevertheless produce an equally

important result. But, some parents seem to think that little boys ought to be quite old men, and little girls old women ; and seeing no necessity for so much play, suppose that kittens frolic because they have nothing else to do, and that *children* ought to be as grave as Judges, and as free from antics in the field or nursery, as if they were in church. I beg leave, therefore, to present a physiological reason why this playful propensity should not be restrained. Or rather, why the young have this propensity, instead of, or more than the adult.

Lest mothers should neglect this important matter, Divine Wisdom has adopted a far better substitute than parental authority or example, for securing great activity at this period of life.

The brain of a child six years of age is found to be about $\frac{1}{22}$ of its entire weight. Whereas, that of an adult is only $\frac{1}{35}$ to $\frac{1}{48}$. Now, it is well understood that children are far more prone to convulsions than adults. And here we perceive the reason. The nervous centre is excessively developed. This being the case, we ought to give our children much for their hands to do, and little for their *heads*.

Let it be understood that this superabundance of nervous energy stimulates the young to great activity. It produces an intense desire for play and amusement, that can hardly be restrained. And by no means should it be restrained, nor is it safe. Nay, encourage it, in all suitable ways and places. They were made to play. Their Creator expects them to play. So let them *obey the voice of nature*. Let them

jump and laugh, and shout, and sing, and so work off this excess of nervous fluid, through this *safety-valve*, lest you find them dying of convulsions, or suffering some calamity equally bad. Now, as we can have no stronger proof of its importance, than the fact that we were made for physical exercise, we will pause a moment to notice the

MODE.

Some people are foolish enough to suppose that a man can hardly learn how to *breathe*, without going to Europe; and of course nothing can satisfy such persons short of going to Paris, and having Col. Amoros show them how to climb a *ladder* and pull a *rope*. Well, let them go. But as there are thousands skilled in the art, on the way, they will learn all that, before they get far, if it is not their own fault.

The truth is, there is no necessary mysticism about gymnastics in the least. Show me a man who is determined to take active exercise daily in the open air, and I shall have little fear for that man, though he may never see a gymnast in his life. All that can be said on the subject, will do more good in the way of encouraging people *to* practice it, than in showing them *how*. Still, a few simple rules may be noticed.

Whatever plan may be devised for encouraging this healthful act, and whatever apparatus may be used, it should be remembered that much will depend upon the state of the *mind*, whether the exercise itself shall be found beneficial or even *injurious*.

~~or even injurious.~~ A man, for example, may endure an amount of exercise and hardship, with impunity, ~~cise and hardship, with impunity,~~ in some fond pursuit, which might kill him if *compelled* to do the same thing.

NATURE'S MODE.

As exercise which promotes pleasurable sensations is more salutary than that which is not attended with recreation, if we are wise we shall imitate nature, and as far as possible make it all play. Present the right kind of exercise, and you can hardly find a man so old that he will not act out the boy again. *Amusement* will be, and should be had; and if that which is *harmless* cannot readily be obtained, that which is *hurtful* will be very likely to be substituted.

EXTREMES UNSAFE.

In taking exercise, two errors are quite common. One consists in doing *too much*, and the other in doing *too little*. The excess sometimes occurs at Gymnasiums. There are those who visit these places of resort who seem to think that unless they put every part to the severest test, and strain every muscle until they can "see stars," that they do almost nothing. In this way, there is more hurt done than good. Let those who do not believe it, ask the *Jockey's* opinion about such extremes, and see if he does not say, that even a horse subjected to such treatment, would soon be ruined. If they do not believe him, or think that a man ought to be treated worse than a beast, let them ask the physician what he knows about the strains, bruises,

ruptures, hemorrhages, &c., which occur from excessive exertion.

This violent exercise is not beneficial, is not obeying the voice of nature, and is not safe.

The other error, if not so immediately hazardous, is far more common, and therefore, in the aggregate, more disastrous. A lady who might enjoy good health, and find many a sweet and pleasant hour, in exerting a happy influence upon her friends and the world around her, often carries about a world of suffering without and within, and is a burthen to herself and to society, and all from want of ambition. Simply because she cannot in any way be induced to live a stirring life.

But she is not prepared to believe this. It is a very strange and absurd doctrine to her. Why, she walks around a whole block of houses every day, besides combing her own hair, and going down stairs to dinner, and is surprised at her activity, and wonders that she is not as strong as a giant!

If she would walk each day, one block farther than on the preceding, and perhaps cut off a few right-hand-luxuries at the table, and pluck out a few right-eye-indulgences elsewhere, she might soon solve the mystery.

The great thing is, to take plenty of exercise daily in the open air, and in such a way as to give the body a free and easy motion. But never for a moment indulge the thought that this cannot be effected, without the prescribed form of some Jimcrack of a Gymnast.

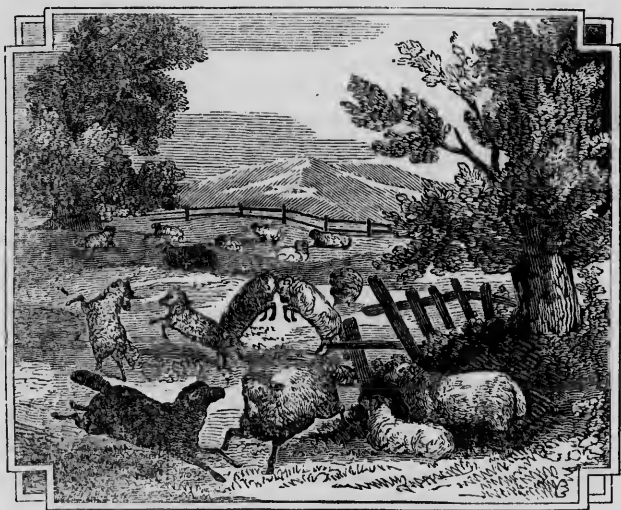
I am willing to admit, that some are benefitted by

taking exercise at the Gymnasium, and I suppose that it is the very place for that class who seem to need the strength and activity of others to induce them to stir enough to keep their own blood from stagnation. I would say to such, go by all means to the gymnasium, and strictly follow the direction of the teacher, if he is a man of sense.

But, after all, I have not a doubt that most of those who receive any benefit at these places, may receive still more elsewhere, if they will. For instance, those who live an out-door stirring life, do not need to go to such a place to lift a weight, climb a rope, and pull a stick—not at all. While those who are boxed up the live-long day, in a dusty, gassy, smoky, confined apartment, certainly need a little *fresh air*, and should be encouraged to get it. For example, a young man is shut up in a store through the day, and so constantly occupied at the desk, or the counter, that one hour in twenty-four is all that he can possibly devote to physical exercise for the improvement or preservation of his bodily and mental health. Would you shut him up a little longer—and have him spend that hour among those who kick up the dust, *scientifically*? Better turn him out into a sheep-pasture. He was made to breathe the out-door air—let him have it.

As the reader will perceive, that I wish to have every man feel, that if it is not his own fault, he will have a gymnasium of his own, and a gymnast too, I will here take the liberty of calling his attention to one of the best arranged gymnasiums which can be found, and to which I had the pleasure of an intro-

duction some thirty years ago, in Massachusetts. A better teacher than those had, who took a part in it, could not be found. The exercises appeared to be of the most appropriate and healthful character, and were enjoyed in the highest degree. And as I have since seen nothing of the kind more perfect, I take pleasure in giving the reader a slight glimpse of it, though it comes far short of the reality.



Nature's Gymnasium.

Yes, in the open field, in the shady forest, and out upon the great and wide-spread sea, are the appropriate places for exercise. These are nature's gymnasiums, and they all have a perfect teacher, and teachable pupils. Can the farmer improve upon nature's plan for giving exercise to the lamb in the pasture? Can the hunter teach the fawn how to gambol in the wil-

derness? Can the fisherman instruct the whale how to swim in the great deep? The untutored Indian, whose yell in the forest, if not sufficient to wake up an earthquake, is quite enough to start from their slumbers both friend and foe, for miles around—shall he go to a gymnast to learn how to inflate his lungs and expand his chest?

RESULT.

Influence of Location, Position, &c.

It is well known that many exercise much, and do not receive the benefit which they need. The failure may often be attributed to *location* and *position*. By location, I mean the spot occupied, and by position, the state of the body. Two specimens will illustrate the sentiment, viz.—the *Tailor* and the *Woodsawyer*. The former works as hard, and is as tired at night as the latter. But every one knows that the effects of these different exercises are not alike good. The latter has greatly the advantage of the former, both in location and position, and consequently receives a correspondingly greater amount of benefit.

But there is still another influence to prevent a good result, which may be noticed. For example, a poor widow has to support herself and her little ones, with her needle. She goes to some of those clothing shops, the owners of which are proverbial for *granite faces*, and she asks for work. The man says, "I can give you a lot of vests to make, for which I will pay you ten cents a piece."

"Can you give me no more," says the industrious, needy woman.

"Not a cent."

"I fear I shall starve at that price."

"I cannot help that, I can get as many made as I please for less."

"Well, I must do something, for my poor children have not yet had any breakfast, and I was compelled to leave them in bed, for want of fuel and clothing. And, beside all this, my poor boy, my future dependence, is now sick, and I have not a shilling to pay for the medicine which the doctor ordered this morning; and how I am to redeem the clothing which yesterday I had to take from his bed to the 'Pawn Broker's,' to keep my children from starving, I know not. So you will please give me as many even at that rate, as you think I can make in time to answer your purpose."

But the inhuman monster, ready ever to take the advantage of an honest confession, replies, "I can let you have but a dollar's worth at that price. You can take more at *eight* if you wish."

She takes as many as she can well carry, in her feeble condition, and hurries home as fast as she can, to encourage the sick and the hungry ones to expect relief in due time. She plies her needle with all her might the live-long day, and half the night, giving a word of comfort and hope to the little group at almost every stitch, and from time to time administering to their wants, according to her ability.

Thus she goes on, day after day, trying to make her little darlings as comfortable as possible, hardly

thinking of herself, or even daring to look forward to quarter-day. But still she finds that she can by no possible exertion or economy, gain upon her stock of comforts. She looks at the last loaf of bread, the last inch of candle, and the last chip of fuel, and with a sigh and a tear, and in the midst of cries of "*Hurry, mother dear,*" starts with her ten vests for — street to get her dollar.

But does she get it? No. The villain declares that, as ninety-six pence are eight shillings, so ninety-six cents are one dollar, and takes special pains to pay her in such a way as not to give her another cent.

Now it will not be very difficult to perceive, that this kind of exercise, which is bad enough under the most favorable circumstances, will not be very salutary under such discouragements and abuse. Who cannot see that if this class of persons could once feel that they were well paid for their toil, that if they could at every stitch hear hope whisper, "a good time coming," that they might work hard, early and late, with far less risk of constitutional suffering?

But lest the reader should get an uncharitable opinion of the "trade," I ought to remark, that all respectable shops pay their seamstresses pretty liberal wages.

And lest some should say, It cannot be that such a pirate as just described is tolerated in this goodly city, I beg leave to say, that my tailor, who is a gentleman of integrity, informs me that he has now in his employ a female who has been repeatedly robbed in this very way, as to the manner of making payments

&c., until she could endure it no longer. He also gave me the name of the robber, which I am not quite sure that I ought to withhold from the public, as every man ought to shun such an establishment as he would a den of thieves.

Physical exercise is useful in at least a two-fold sense. It is of much service to the *mind*, as well as to the body. The union of mind and matter, is a very profound and mysterious subject. Sometimes they harmonize, at other times they disagree. They act and re-act upon each other, but how we know not. Now when we find anything for our hands to do, which is *agreeable*, it assists the mind in getting out of the deep labyrinth of imaginary evil, and thus prevents its preying upon itself, or the body. It is also of paramount importance to the material frame.

“Agreeable exercise,” says a distinguished writer, “acts as a salutary excitant to the intellectual faculties and sensations.

“Employed moderately, it has a tonic and stimulating influence on the system, and is calculated to be beneficial in a great variety of complaints. Used immoderately, it exhausts both the mental and bodily powers, and produces great debility.”

Exercise promotes *digestion, assimilation, secretion, circulation, absorption, exhalation, and respiration*. The last named function is influenced by exercise in a very important sense, and demands a special notice.

The thorax, which contains in its cavity the lungs, heart, &c., is composed of several tissues, three of

which, it will be sufficient to notice on this occasion, viz.—bones, muscles, and cartilages. The bones and cartilages constitute the principal frame-work, and are so articulated as to admit a pretty free motion in several directions, and thus allow a modification of said cavity by dilatation and contraction. These movements produce inspiration and expiration, which together constitute the function of *respiration*.

But it will be remembered that the *muscles* are the only active organs of locomotion, and of course are the only active agents in performing this indispensable function. In this interesting and vitally important operation, the lungs are passive. They have not the least power to draw in, or expel a particle of air, except, that when distended, they have a tendency to return upon themselves by virtue of their elasticity; so that we may say that we breathe with our *muscles*. It is true they use the lungs; so they also use the bones, cartilages, ligaments, &c., but the muscles do the work, and in extreme emergency the number which are brought into requisition amount to *one hundred and one*.

Now, if we call to mind the indispensable change which is wrought in the blood at every breath, through a long life, and remember that this change cannot possibly be produced without muscular effort, we shall be prepared in some measure to appreciate that exercise which calls into play the respiratory muscles in such a manner that they shall acquire strength to so expand and contract the chest, that no ordinary obstruction shall prevent a free circulation

of air through all the delicate air vesicles where said change is wrought. Exercise that does this, is sure to do good.

But there are those in the world, who seem to go all for contraction of the chest, as though it were more important to shut the air out of the lungs, than to let it in. But this error will be noticed under another head.

When speaking of diet, I remarked that active exercise, immediately after a full meal, is not advisable. Here again we have a hint from nature. Indeed, her teaching is always good. How quickly does the animal, when plentifully supplied with food, obey the voice of nature, if nothing prevent, and remain on some soft spot to take a nap. This is the time when the stomach has an important function to perform, and its energies should not be diminished by laborious exertion. Although exercise materially aids digestion, yet let it be remembered that it does so by giving a healthy tone to the digestive organs, when taken at a proper time, and not by giving the body or the mind a hard task to perform at this critical period. It should not be forgotten that rest is quite as important as exercise.

WRONG CONCLUSION.

The benefit derived from exercise, is not always apparent when first taken. Indeed it is quite common for people to adopt a very erroneous conclusion in regard to the first effect of taking some kind of exercise to which the person has not been accus-

tomed. It is said, "It has done me more hurt than good, for I feel as sore as if I had been pounded."

No so. It simply proves that certain idle muscles have been set to work, and no wonder that they at first complain. Don't let this deter you a moment. It is just the blacksmith's experience when he first begins to swing the hammer. But every one knows full well that his arm is far from becoming puny by this apparent injury. Persevere, and the effect will be, that the muscles will increase in volume and strength, and soon cease to complain. If bread may be called the "staff of life," surely exercise may be called the staff of *health*.

BENEFICIAL IN DISEASE.

If physical exercise is so beneficial in *health*, it cannot be difficult to perceive that an important benefit may be derived from such an agent in certain forms of disease. As severe *acute* diseases usually require rest, it is obvious that *chronic* maladies mainly, indicate the use of this agent. The want of exercise often produces that form of disease which is so well known, and yet so *ill* known, viz., dyspepsia. It is presumed that no disease has more victims than this, and hardly any makes its subjects so wretched in body and mind. True, few are more susceptible of cure or improvement, and yet no physician, in his right mind, would think of treating it successfully without plenty of exercise in the open air.

But while we highly value exercise, both in health and disease, yet we do not expect it to do every

thing. We hail it as an indispensable agent, but not as a *specific*.

NOVEL GYMNASTIC EXERCISES.

The reader may recollect that, some few years since, a gentleman in the city of New-York announced a specific for dyspepsia. Many sent to him from different parts of the country for the wonderful secret. It consisted in *thumping the belly*.

Now this thumping process, which was thus put in operation throughout the land, and which possibly presented a ludicrous scene to those of moderate gravity, was not altogether in vain. Neither is it at all strange that this pinching, punching, pounding the abdomen should be more or less beneficial. Indeed, I have heard candid persons acknowledge the benefit, and they are so many witnesses in favor of physical exercise, although some may rather object to the gymnastic apparatus.

HYDROPATHY.

Lest I should offend the advocates for *cold water*, I must not fail to make a few remarks on the importance of bathing. The value of *cold water*, *hot water*, *ice* and *steam*, is seldom called in question at the present day. We are all aware of the refreshing influence of the cooling draught in "dog days." We are also familiar with the bracing effect of the cold, and the soothing influence of the warm *bath*. >

But we must not let a little *water* wash away all confidence in every thing else. That a simple fluid which has ever constituted a large portion of our victuals and drink—which has hardly been out of our mouths, or off our faces since we were born, should now, in these latter days, become, the world over, the "*pool of Bethesda*," is truly marvelous.

By no means do we undervalue the use of pure water as a hygienic, or a therapeutic agent. Nay, we extol its virtues; and urge a more frequent use of this fluid, which is too much neglected by the great majority, while some, who have but "*one idea*," doubtless use it to excess.

After being fatigued and burdened with care and toil through the day, a bath at night, is the best and safest of all anodynes for domestic practice. Indeed it may be taken night and morning too, with great advantage, either warm or cold, according to circumstances. The warm, or tepid bath, is generally considered the most soothing; but the cold bath is decidedly the most invigorating, and is, in fact, the only >

form which may with any propriety be called a *tonic*.

In commencing bathing, the safest plan is, to begin with the water about blood warm, or 98° (Fah.), and gradually diminish the temperature daily. Soon the water will be tolerated at 75° , and even less, by many. The application should be followed with plenty of friction. A very useful form of bathing, though it does not agree with all, is the *cold shower-bath*.

Bathing should be avoided immediately after a full meal, and cold bathing should not be practiced when the surface is cold or chilly, or excessively warm. Early in the morning before breakfast, ten to twelve o'clock, A. M., and two or three hours after dinner, or just before retiring at night, are as appropriate seasons as can be selected for ablution. Children, and those who are feeble, should be cautious about staying in the cold bath too long. *Stay not a moment after beginning to feel chilly.* Let none fail to use friction. I would also caution the reader against a frequent use of *hot* baths. They weaken the system. By hot baths, I mean, more than blood warm.

Although pure fresh water may be used in various ways with great advantage, yet, in many chronic affections, it can hardly compare with *sea-water*. But Hydropathists, or "cold water-doctors," though better named *Fresh-water-doctors*, deny this, and of course would have people get away from the seashore, to be packed in sheets dipped in the mountain rill at their own chosen retreats. And why? Because, say they, the ocean contains various *drugs*. Yes, we know that it does, and this is the very thing

that adds to its value. Every physician who has had any experience, and is fortunate enough to have *common sense*, knows full well, that salt water-bathing acts like a charm, in scrofulous affections, nervous debility, general prostration, loss of flesh, energy, appetite, &c. Indeed, the very atmosphere about the salt water is so invigorating, and full of health-giving influence, that a sick man with any curable disease, can hardly go to sea without benefit—unless perchance he takes along with him a doctor or two.

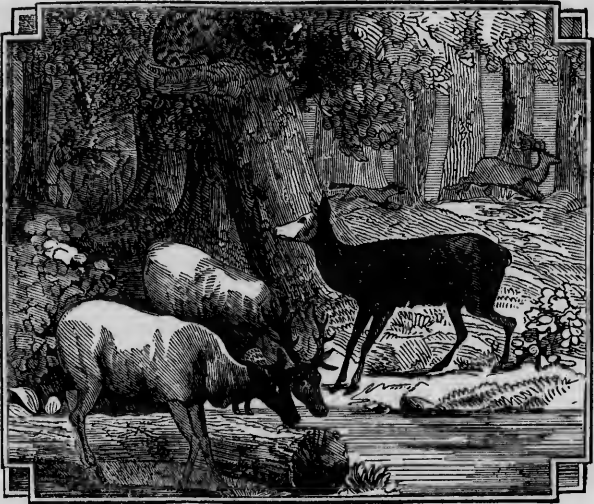
The fact is, we have so many one-idea-doctors, and one-idea-patients, that we have to look out sharp for extremes. For it would seem that those who go the whole figure for the “water-cure,” would have us believe that, as a matter of course, if thoroughly applied, cold fresh water will be just as certain to wash away every curable disease by which the suffering are afflicted, as is the mighty Niagara to wash every thing down into the deep and fearful abyss which floats upon the very verge of the cataract.

Suppose a man should say I have found ten good things and that is enough. No man ought to have more. Every thing can be done with *ten* good things, which can be done with a greater number, and every thing else is useless. What would people say of him? In every thing else but in treating the sick, he would be called a *fool*! But in practicing the healing art, the number is too great by *nine*!

Yes, *water* is all-sufficient. It is “*the remedy*.” “*It is nature’s own remedy*.” Well, so it is. But had nature anything more to do in causing the water to flow

than in causing the Rhubarb, the Ipecac, and the Poppy to grow? The question is not, Is there no *water*? but "Is there no *balm* in Gilead?"

On a certain occasion, the Great Physician himself saw fit to use water in restoring *sight*, yet let it be remembered, he used other remedies also, for he first "spat on the ground and made clay" (a mineral remedy,) and anointed the blind man's eyes, and said, "Go wash in the pool of Siloam." Some of our "water-cure doctors" are so afraid of drugs, that they even attempt to exclude common salt from the table. Well, let us look at this, the best of all condiments, and valuable medicinal agent, and see if this is not also "nature's own remedy." Let me introduce the anti-drug doctor to one of the "salt licks," as they are called by the hunter, perhaps he may study "*Materia Medica*" at such a spot with profit, though man is slow to take instruction from a brute.



Scene at a Salt Lick.

These brackish springs abound in our western forests. For this water the Elk, Deer, &c., have a great relish. Secreted near by, have I lain at night, with my rifle in my arms, to take advantage of that propensity for "drugs," which nature has given them. The Wolf and the Panther not unfrequently take their station there, also, but more for *meat*, than salt. And although the poor deer find no friends at such places, (for the Hydropathist would hardly spare them,) and though they get frightened away again and again, yet so strong is the craving for salt, that they will return, night after night, and from the appearance of their paths, travel miles to gratify their appetite.

But lest it should be said, that the water may contain something else rather than salt, which they so

highly prize, I would remark, that I have often made what are called "artificial licks," even within a short distance of my "cabin," by boring into a tree lying on the ground, and filling it with salt. And I have been surprised to see how soon these animals would find it, and how greedily they would gnaw into the solid wood to obtain the condiment.

Now these anti-hydropathists who are thus guilty of introducing minerals into the system, (untaught by man,) obey the voice of *nature*, and what do you say, anti-drug doctor, is not this "nature's own remedy?"

The *Jockey* also might give you some light on the subject, for he treats *his* patients better, knowing that if he does not, they will soon die of "botts."

The *farmer*, too, knows very well, that this relish for salt was not given to his flocks in vain. And if he happens to forget it, nature soon jogs his memory with a *dead lamb*!

Finally, I refer the reader to a form of punishment which once existed in Holland, which exhibited fearful testimony against the absurd sentiment that salt is prejudicial to health.

"The ancient laws of the country ordained men to be kept on bread alone, *unmixed with salt*, as the severest punishment that could be inflicted on them in their moist climate. The effect was horrible; these wretched criminals are said to have been devoured with worms engendered in their own stomachs." (*Paris on Diet*, p. 78.)

As I did not intend to notice, in this volume, each branch of a very numerous family of medical hum-

bugs, I beg leave to proceed to the discussion of other topics.

FOOT BATH.

This simple agent is of so much value, that I would have all feel that whether they have facilities for general bathing or not, this form of bathing need never be neglected, and can hardly ever be used in vain.

In that deranged state of the system, called a *cold*, it is pretty generally known to be of service, though even in this case, it is not half appreciated. But to suppose that it is good for nothing else, is to make a very great mistake. Many are annoyed with *cold feet*, during the winter, and it is not saying enough, to call this condition of the inferior extremities, an uncomfortable one. It is more than this.

IMPORTANCE OF SUPERFICIAL CIRCULATION.

In the first place it may be proper to inquire into the cause of cold feet, or rather why they are *ever* warm.

Heat circulates throughout the body, through the medium of the blood. Let there be a due supply of this life-giving fluid in any part of the body, and, no matter how cold the air which surrounds it, it *cannot* be cold. The temperature of this fluid in health, is 98° (Fah.), and it is a very interesting fact, that nature maintains this standard with very little increased or diminished variation through life, whether in sickness or health, in cold climates or warm.

Whenever the vessels contract (whatever the

cause,) the blood begins to recede, and then the sensation of cold commences, and is more or less severe as the part becomes bloodless, and according to the temperature of the medium which surrounds it. We all know that a person may suffer much with the cold, in mid-summer, during a fit of ague, and also feel very much oppressed with heat, in mid-winter, in a paroxysm of fever. Now the blood remains of very nearly the same temperature in both cases.

But we must remember that its distribution is entirely different. And this will account for the dissimilar sensations, while the blood itself remains nearly or quite unaltered. Without a knowledge of this fact, it is hard for people to believe that their blood is just as warm when they say, "I am chilled through," as when they say, "I am burning up with this fever." After the chill passes off, however, and the blood returns to the surface, they usually feel very much inclined to think that it has not lost much of its caloric.

The *skin*, or external covering of the body, may be considered as an *expanded nerve*, the grand organ of sensation, which, through a long life, conveys to the brain from day to day, through the medium of the nerves, a variety of sensations, both agreeable and painful, with great fidelity. Hence, when a large amount of blood rushes to the surface of the body, there is a sensation of great heat, and when it recedes, the opposite feeling prevails.

Now when the blood is properly distributed, there is usually, in no part of the body, either deficiency or excess. But an unequal distribution, we can see at

once, will give one part too *little*, and another part too *much*. From this may and does arise serious consequences. The evil does not usually befall the part that thus becomes minus, but the organ or part which has more than a normal quantity. The result of this may be congestion, inflammation, supuration, mortification, hemorrhage, &c.

Now suppose that in consequence of cold extremities through the day, or, in other words, an absence of the necessary amount of blood to keep them warm, the lungs or other organs are so charged with blood, that congestion of an alarming character is ready to supervene. Up to this time, the person has had no pain, and is not aware of the least danger. But, before going to bed, he wisely takes a stimulating foot-bath. The consequence is, the skin is softened, healthful perspiration established, the vessels on the surface are expanded, the equilibrium is restored, the night is passed in safe and refreshing repose, and *the man escapes a sudden death and never knows it!*

But this is not all. With this application at night, with plenty of friction, the vessels of those parts which have been cold through the day, will be more likely to perform their appropriate function the succeeding day.

POULTICES.

This, in reality, is no more nor less, than a *local bath*, and is often the most convenient and efficient form that can be resorted to. But, unfortunately for this generation, it has lost its novelty. It is so sim-

ple, so cheap, and so domestic, that it seems hard for some people to see anything good in it.

But the question is often asked, "What kind of a poultice is best?"

Well, one man is partial to bread and milk, another to flax-seed, the third to slippery elm, the fourth to Indian-meal, and the fifth to bran, &c. But, in a great majority of cases, it is mere fancy. The grand agents, after all, are heat and moisture. As to milk, it is no better than water, and frequently far less agreeable, as it so soon sours.

When there is great pain in the part, it is very proper to add to the ordinary poultice, some anodyne, such as a strong infusion of hops. Laudanum may also be used, but if the patient is a child, and the part to be poulticed happens to be raw, a little caution may be necessary, lest too much of the poison should be absorbed.

For painful swellings, a better poultice than pounded stramonium leaves, can hardly be obtained.

If gangrene, or mortification, is feared, a poultice made of good yeast, should be applied, and frequently repeated.

There can hardly be an objection to poultices, where common sense seems to indicate them. I am aware that some are afraid to advise a poultice, where it is desirable to avoid suppuration. But I know not why. I am fully satisfied that, nine times out of ten, they do more to prevent than to encourage it. They deplete the part, and thus relieve the blood-vessels. They soften the part, and thus diminish the swelling and the pain; and they promote ab-

sorption. If anything better can be done to prevent suppuration, I must confess I know not what it is. And when suppuration is unavoidable, they actually diminish the amount, and make the patient more comfortable. If the part is not inclined to undergo this process or change, you may poultice it as long as you please, and the patient will be as likely to grow fat from external nourishment, as you will be to obtain any pus.

Now, if a man happens to "run against a snag," leaving on the end of it, a pound of flesh, the loss of which would make a very considerable concavity in a leg or an arm; let him remember that there is nothing he can apply which will make the little granulations sprout out and fill up the cavity, so beautifully and so quickly, as a simple poultice. Keep it on, and never fear the snags, and you will find it so. Don't hear a word about plasters, and salves, and extracts, and goose-grease, and "all-healing ointments." Not a word of it. Every body has some "all-healing" remedy. But strictly speaking there is *no* healing remedy in nature, but *nature herself*. Other things may remove dead weights, and there is nothing better than a poultice for this, unless the knife be indicated; but nature always has, and always *will* do all the healing herself, every bit of it, if it is ever done at all. So, friend, don't forget the poultice, for it is a friend to almost every sore.

In short, if we should put a little more bread on the outside in the shape of poultices and fomentations, and a little less inside, in the shape of pud-

dings and dressings, we should be a little better off.

FRICTION.

Here we have another agent which is somewhat akin, in its effects, to the last two herein mentioned. This is also a remedy which belongs to that list which costs nothing, and therefore is *worth* nothing. Sometimes people show their fallibility, very conclusively, by making estimates according to this rule.

One half of the curative influence which is attributed to vapor baths in Russia and elsewhere, may undoubtedly be credited to the *shampooing*, or friction which follows. It breaks up morbid adhesions, removes rigidity and stiffness of the joints, equalizes the circulation, promotes secretion and absorption, and a general healthy action in the part. There is a variety of circumstances wherein this agent is invaluable. I have often had a pain in my head entirely relieved by a gentle combing with a coarse comb. Of course the effect of this, or any other remedy, will be modified by the cause of the pain. At almost every step we take in life we may learn something useful from *nature's* teaching, if we are not too wise already.

Look at that sagacious animal the *dog*. Nature has taught him how to cure a sore, and I question whether any surgeon can better it. Two very essential applications he makes every day—a cleansing and a stimulating one. Through the use of his tongue, he gets the poultice and the friction, and

thus stimulates the part to a healthy action. And he sets us another example ; when he gets sick, he is very *temperate* ; and when he is *well*, he rarely eats enough to give him the dyspepsia, or make him nervous.

The farmer knows very well that the curry-comb not only improves the *appearance* of his horse, but also his *health*. Oh, that men were wise enough to treat themselves as well as they do their beasts.

ERRORS, FROM THE CRADLE TO THE GRAVE.

As our comfort, usefulness, and destiny, not unfrequently depend upon minor incidents of every-day life, which attract little or no attention, I propose to notice certain forms of error, with which every one is familiar, and some of which usually escape the attention of writers, being considered, perhaps, too trivial to deserve their notice, or too common to need a rebuke. But, no matter how *common* the error, the more so, the worse—nor how trifling its *frequent occurrence* may make it appear. If it is in any way, either directly or indirectly, prejudicial to the physical and mental prosperity of the community, it ought to be clearly pointed out, and its pernicious tendency revealed. At least such is the judgment of the writer, and it is presumed that such is the opinion of the reader.

A HINT TO MOTHERS.

“Just as the twig is bent, the tree’s inclined.”

There is a volume of truth in this saying, physically, mentally, and morally. If the great map of influence could be faithfully and intelligibly drawn out, with its bright and dark spots to represent the good and bad effects of *example*, and so hung up to view that a single glance should reveal the whole, it would perfectly astonish the world.

Although generally considered only in a mental

and moral sense, yet the tottering cripples in our streets, and the deformed and helpless sufferers in their retirement, are too often so many witnesses to the disastrous folly of disregarding the principle embraced in the above adage.

HANDLING INFANTS ROUGHLY.

It will be remembered, that just as the tender *twig* is bent, the tree is inclined. Surely no epithet is more applicable to the infant than this. The little creature is so tender a twig, that careful handling will be needful, to rear a vigorous and healthy plant. But let us notice some of the common, every-day errors which contradict this sentiment.

Some people seem to think that as soon as a child is born, the pounding, tossing, tumbling process ought to commence, and hence the helpless, speechless one, hardly has a chance to breathe in peace, from sun-rise till midnight. If the frail creature, from any cause whatever, presumes to *cry*, it is tossed about in the nurse's arms, or on the mother's lap, as though its very brains were made of india-rubber. If it is playful, and inclined to laugh, some little sister or cousin, is ready to snatch it up, and shake it, and tickle it, until it almost has convulsions.

Perhaps some of my readers may say, this is far-fetched, or destitute of practical importance. But unfortunately this happens to be a mistake. The writer has more than once been put in pain by witnessing such a process. It may seem very trifling to those who know little, and care less, about the condition of the organs and tissues of infants.

Again, if the little one manifests a disposition to take a short nap, it must be thrashed about in the old cradle, until it is sufficiently stunned to secure an hour's sleep. And so, because it does not actually speak right out, and say, *Not quite so hard*, it must be pounded up and down for crying, thrashed about for being sleepy, and tumbled right and left for waking up; while some thoughtless intruder shouts in its sensitive ears, with all the sharpness and shrillness of seven brass trumpets, and as many "Ram's Horns," as though the perfect development of the auditory apparatus all depends upon the tremendous concussion and vibration of an atmosphere of Bedlam around its ears.

Now I need not say that all such treatment is bad enough! Every body knows it, or ought to know it, who is old enough to have the charge of infants. Every body also ought to know better than to suffer such inconsistencies to be perpetrated.

If we consider for a moment how very frail and helpless these little ones are—how delicate all their organs and tissues—how soft and limber their bones—how weak and imperfect their muscles—how tender and irritable their skin—how slender and sensitive their nerves—how unaccustomed to hard usage their bodies, and how unable to make known their sensations; it will appear that common sense ought to teach those who have the charge of infants, to treat them at least as well as instinct teaches the wild beasts of the forests to treat their offspring. Let a man treat a young cub as roughly, and see if old Bruin does not pretty effectually re-

mind him of his harshness. Let no one suppose that I make these remarks merely to amuse the reader or the writer. They are too applicable to those who are not aware of their roughness in handling and managing helpless ones. It is a fact that cannot be denied, that some do not treat these tender specimens of humanity as well as they treat their dogs! If called upon, of course, we shall have to prove it, for no body will plead guilty.



Treatment of Dogs, Kittens, and Children.

INFANTILE EXPOSURE.

Another error, and one which is frequently fatal, may be noticed, namely, the habit of carrying infants out door during the winter. If I had kept a list of all the cases of inflammation of the lungs which could

be clearly traced to such imprudence, which has come within the scope of my limited experience, a large proportion of which proved fatal; it would probably be such an astounding warning, as many mothers are not prepared to hear.

This disease, though bad enough at any age, is more destructive to infants than to others. Hence the importance of avoiding sudden changes of temperature. True, they need good *air* as much as good *milk*. But they must not be carried out at an improper season to get it. Carry them from one room to another, and let each be thoroughly ventilated while they are absent, if a suitable and safe provision is not made for *perpetual ventilation*, which ought to be the very first thing attended to. (*See Ventilation.*)

But, says one, if they are well protected with suitable clothing, is it not safe to carry them out? I answer, *No!* With such a protection it is true that they stand a better chance to escape harm. But remember that they must *breathe!* And, under such circumstances, they draw into their sensitive lungs such an atmosphere as many a man at *thirty* cannot stand with impunity in our climate. Now, let others say and do what they will, *keep them in from the first of November to the first of May!*

But you may say, that Mrs. A and Mrs. B carry out their babies in winter, and still they live. That may be: and so may a man fall from a great height upon a naked rock, and not break his neck. But who would like to run the risk?

Still you may ask, Can I not safely carry out my

infant in a very *pleasant day*? Alas! these are the very days when the mischief is done! Who will be foolish enough to set their babies out to play on a snow-bank, to get fresh air in a *hail storm*? Keep them in a comfortable, well-ventilated room, if you wish to keep them out of the tomb. Let the older ones run out as much as they will.

As every season has its errors, we must briefly notice a foolish practice which occurs a few months later in life. It is an error which many think too trivial to be worthy of their attention. But this only makes the warning so much the more important, for, with a lively sense of danger, caution seems unnecessary.

PREMATURE WALKING.

Some mothers, aye, and fathers too, seem to feel proud of having their children learn to walk very *young*, and take special pains to encourage them to acquire the art, as though they would have their children run through this world in a hurry, and the quicker they get through the better. At any rate they do sometimes get through all the sooner for it.

Let me call the attention of those most interested, to the structure of a particular tissue of the body, namely, the bones. It is well known that they form the principal frame-work, and preserve the general conformation of the body. That they not only serve to protect important organs, such as the brain, heart, lungs, &c., but also form a series of levers upon which the muscles act in producing locomotion.

This frame-work of the body, it must be remembered, presents a very different consistence at different periods. For instance, in early life, that is, before birth, the bones are all in a gelatinous state; becoming in due time cartilaginous, or more firm, and eventually osseous. But this is a gradual process, as some of the bones do not become hard until about the *twentieth year*, and not one in the body is as firm in childhood as in after life.

Now if the bones be required to sustain the weight of the body (which is the case in the upright position) before they have received sufficient strength to prevent yielding under the pressure to which they are subjected, it is evident that they are liable to become more or less injured. And herein lies the danger of inducing the child to outrun nature. The injury more frequently falls upon the *spine* than upon any other part, as these bones are soft and spongy.

Should any one consider this too trifling a matter to deserve their attention, I can only add, a crooked back for life might slightly disturb their incredulity. No doubt the germs of spinal disease do sometimes thus begin to sprout. Nature intended that children should *creep* before they walk, and we had better let her proceed in her own way. Why not? We used to creep when we were babies. And now when we put our hands upon our backs, and find that they are tolerably sound, let us rejoice and thank our wise mothers that they did not set us to running too soon!

Although I would not have them outrun nature, yet the reader is aware that I am an advocate for

exercise, and would therefore have the little ones, as soon as strength will permit, outrun all the deer in the forest if they can, and hope their good mothers will encourage them to do so; but they will suffer me to suggest the propriety of first protecting their children's feet with a pair of *anti-corn-shoes*! Never mind the fashion. Let them dare to be seen with *sound toes*, vulgar and unfashionable as it may be. Few at the present day can commit an error in this department without going against light, and knowledge, and *sensation*.

ERRORS IN SCHOOL.

Some people, being a little "more nice than wise," would have us believe that children should have nothing but a three-legged stool to sit upon in school, lest with a better provision the occupants become crooked. But I pity the children who become half so crooked, as is the theory which is thus put forth to keep them straight. And I pity the bones, and tendons, and cartilages, and muscles which must be kept everlastingly on the stretch to maintain an equilibrium. And I pity still more, the stupidity of those who know no better, than to adopt such a ridiculous theory. This is the very way to make crooked spines, and flat chests. It is quite hard enough to sit six hours a day in school and attend to studies, without being put in a *strait-jacket*. Parents ought to be aware of this, and teachers too, when they complain of a sermon which happens to be fifteen minutes longer than ordinary discourses, while they have cushioned seats to sit on, and backs, and fronts, to

support them, and a preacher's eloquence to entertain them. This extra fatigue is far from being beneficial to the child.

Now to suppose that a child can sit all day as *safely*, to say nothing about comfort, upon a seat without any apparatus for extra support, as upon a chair with arms and back, is just as foolish and unphilosophical, as to say that a man can sit just as well upon a chair with one leg, as if it had four, and lie with as little effort on the top of a rail as on a feather bed.

But I cannot stop to notice all the errors which are congregated together in this imperfect world, nor even many which often prevail in the school-room, where the bones are taught to leave their proper place, and the child is taught to believe, that to sit upon the end of a block will make of it the most graceful creature in creation! To say nothing about the teaching, give children good *seats*, good *air*, suitable *light*; and plenty of *exercise*

NEVER DECEIVE A CHILD.

Every one knows that a physician can succeed far better with a patient who has confidence in him, than if this characteristic be wanting. So can *any* one under all circumstances. But if a child cannot confide in his parents, whom can he believe—whom can he trust? Suppose you tell your children, when about to give them medicine, that it has no bad taste, while it is as bitter as aloes, or as nauseous as castor oil, and you know it. Will they believe you the next time even if you tell the truth? Not at all. But, as this

habit has less to do with health than morals, I will direct the reader's attention to the subject of

FRIGHTS.

It is common for some parents to tell their children when perhaps a little refractory, that if they do not obey, or do this, or do that, they will send for the *doctor* ! And so the poor doctor has to be a bug-bear for the whole neighborhood, and the children learn to look upon him as a dangerous member of community.

A very respectable physician remarked to me a short time since, that he was recently called to see a little patient who was naturally nervous and excitable, with whom this foolish and shameful course had been taken. When the little sufferer found that the doctor must come in earnest, and expecting to be almost cut into inch pieces, and bled all but to death, the agony of mind was horrible, far worse than the disease ; and in this excited state, with every nerve put to the utmost stretch, the muscular system in a perfect tremor, and every evil imagination conceivable concentrated in the brain, as the doctor rang the bell and entered the house, the little unhappy patient fell flat on the floor in *convulsions* ; and it would not have been very remarkable if, in such an excited state, it had fallen dead !

Many affecting cases, illustrating not only the folly, but the fatal consequences of frights, might be presented, but a few will suffice.

“CONSEQUENCES OF FRIGHTENING CHILDREN.”

“A school-mistress, for some trifling offence, most foolishly put a child in a dark cellar for an hour. The child was terrified and cried bitterly. Upon returning to her parents in the evening, she burst into tears and begged that she might not be put into the cellar. The parents thought this extremely odd, and assured her there was no danger of their being guilty of so great an act of cruelty, but it was difficult to pacify her, and when put to bed she passed a restless night. On the following day she had a fever, during which she frequently exclaimed, ‘Do not put me in the cellar!’ The fourth day after, she was taken to Sir Astley Cooper, in a high state of fever, with delirium, frequently muttering, ‘Pray, don’t put me in the cellar.’ When Sir Astley inquired the reason, he found that the parents had learnt the punishment to which she had been subjected. He ordered what was likely to relieve her; but she died in a week after this unfeeling conduct.”

“Another case from the same authority may be here cited. It is the case of a child ten years of age, who wanted to write her exercise; and, to scrape her slate pencil, went into the school in the dark to fetch her knife, when one of her school-fellows burst from behind the door to frighten her; she was much terrified, and her head ached. On the following day she became deaf; and, on the next, so much so as not to hear the loudest talking. Sir Astley saw her three months after this had happened, and she continued in the same deplorable state of deafness.”
—(*Glasgow Constitutional*.)

“The following cause of death was reported at the interment office this morning. It appears that some days ago, a boy, named Joseph Kennedy, six years of age, while sitting in the kitchen at home, received a severe shock of fright from a cat, which had been shut out, suddenly leaping through a pane of glass into the room, shivering the glass. The boy immediately sickened and died, and, as the physician pronounced, solely from the effects of the shock.”—(*Boston Journal*.)

WATCH THE TONGUE.

The habit of talking to children about witches, ghosts, and hobgoblins, is fortunately less common than it was in the days of yore. I well remember the time when every quack of a duck, and squall of a goose, and scream of a cat, and spring of a toad, and start of a leaf after dark, was in obedience to the will of a witch!

These witches and ghosts, which used to be so plenty in *New England*, (not that I wish to say aught against my own blessed native land, for I would have been born no where else, witches or no witches,) were generally manufactured at the fire-side during the long winter evenings, when the good mothers (and of course every man had a good mother in those days, if he had any,) were in the habit of meeting together, not forgetting their “knitting-work,” to tell love-stories, war-stories, and witch-stories; while the children who were too young to *know* anything, but just old enough to remember as many foolish stories as any thoughtless mother or grandmother could

tell, were permitted to swallow every marvellous tale.

The remarkable tenacity with which impressions made in early life cling to the memory, no matter how absurd, is worthy of special notice. It speaks volumes in favor of a judicious influence at that period. Many have been made miserable, half their days, through the agency of foolish stories. True, much may depend upon the natural temperament of the individual, as to the extent of the influence. Yet let it be remembered, that *an impression may be made in a moment, which an age can hardly erase!*

FOOLISH EXPOSURE.

I beg leave to notice an error in the management of children, to which, fortunately for the rising generation, those who live in the country are less liable than a certain class who reside in town. But still even those who reside in rural districts may possibly need a hint.



Hardening the Constitution.

See a thoughtless mother leading her darling boy up and down Broadway in a cold winter's day, with his legs entirely bare below his knees, except a pair of "*Tom Thumb*" stockings which have dared to creep a little above the tops of his shoes, while she has a superabundance of silk, cotton, flannel, and fur. The sight of the shivering little mortal, as the snow-flakes fall thick and fast around him, is enough to bring up, all standing, every goose-pimple on a man's body, and nearly sufficient to tempt a spectator to look about for a Police Officer for the mother, and a doctor for the child.

And for what is all this display of the boy's pretty white skin ?

Professedly to "*harden him!*" Nonsense. Worse than nonsense!

Harden him! More likely to kill him! Alas! it hardens the *mother*, more than it hardens the child, and because he does not actually drop down dead in the street, she fancies that nothing can hardly kill her son!

I solemnly declare—let all hear it who will, and all shut their ears who can—that it is treating a child worse than a *brute*!

Who takes the fleece from the tender lamb in winter, and turns it out upon the cold mountains to harden it? True, there is a time when it can be *safely* taken, yea, advantageously to the sheep, as well as to the shepherd. Thanks to a bountiful Providence for this. So there is a time when you cannot safely withhold it from these tender lambs for whom their Creator has provided no such covering, as He expects you to be a little wiser than a sheep. Therefore remember that every time you take your boy out to show his bare legs in a cold day, you stand a better chance of taking a long stitch in his winding-sheet, and he of taking a long step toward the graveyard, than of improving his health or constitution!

The same remarks will apply with equal propriety to every variety of *semi-"model-artist"* exhibition of bare legs, arms, necks, and shoulders, in cold weather.

The child who can outlive such barbarity, may be thankful for a constitution which can thus resist the morbid influences of all the shocks of an unstable climate, and all the follies of an imprudent mother:

for only such as are *already hardened*, and hardly they, can expect to escape with impunity.

True, any one accustomed to such exposures can better endure them than those who are not. But this is far from proving that any are benefitted by being even habitually unprotected. It is undoubtedly true that a man will stand the lash all the better for previously having had a *dozen floggings* ! This is truly a hardening process, both externally and internally. But most men, I apprehend, would not prefer at each experiment, a *bare back*, for the sake of a hardening benefit.

Now, I would ask those who advocate the foolish doctrine that such exposures give vigor to the constitution, why those poor miserable objects of pity, who shiver around the corners of our streets, with chattering teeth and rickety bodies, are not hardened into good healthy constitutions ? One would suppose that many are sufficiently accustomed to their privations, to receive all the benefit that *habit* can confer.

But for such as are still skeptical, I can refer them to more convincing proof of the folly and danger of this ridiculous custom than all the arguments which the writer can possibly present.

Let all the advocates for this foolish fashion, thoroughly try its effects on their own persons. Just sleep with your feet out of bed from November till April, and if this does not harden you enough, thrust them into a *snow-bank* !

It is sometimes said that a child does not need its arms covered in cold weather, any more than a man does his *face*. But this is another error, for such is

not the fact. The face has an extra supply of blood-vessels for the very purpose of keeping it warm. Hence it needs no covering, and should not be masked; for one's face, is another's *guide-board*.

FRUITS OF FASHION.

Another error may be noticed which generally occurs among those of riper years, and one perhaps not quite as chargeable to mothers as the last, though they are often far from being faultless. A young lady goes to a party, or a ball—spends several hours in active physical exercise, in a close atmosphere of 70°; and in a state of unusual perspiration leaves the apartment to ride some distance in a temperature possibly down to zero. Her apparel is almost any thing but what it should be. Possibly she may throw a light cloak around her, and perhaps not. The balance of her clothing *might* make a respectable shadow in dog-days. She has on thin pumps and gauze stockings, and, on reaching home, jumps into bed, carrying with her a pair of miniature *icebergs*, which, through the remainder of the night, dare not come in contact for fear of losing their individuality.

The next day, she gets up and says, "Mother, I don't feel very well." The second day, a slight cough and increased indisposition is present. The third day, a doctor is sent for, who examines the case, and perhaps dare not tell what he fears. The fourth week, (perhaps sooner,) a consulting physician is called—the patient is hurried off to a mild clime to save her life, and hurries back to die at home.

I love to think of the time when it did not make

people blush to be *comfortable*—when every one thought more of health and life, than of trash and fashion. I love to call to mind those long winter evenings which I so much enjoyed by the side of my mother, while she manufactured those good, long, warm stockings, and flannel garments, which she, and all other sensible women, then thought it no disgrace to wear.

But, alas ! how many now are not only strangers to health, but wretched in mind, lest the form and color of the flax and tow with which they happen to be covered, pass an unfavorable examination before the eyes of the fashionable critic. No wonder that scrofula and consumption stalk abroad, and threaten the extinction of our race ! Fashion is the Undertaker's right-hand man—the grave-digger's assistant—and the world's curse.

How many children who now (so far so good health and symmetrical development are concerned) are little better than wooden dolls with glass eyes, sheep-skin lungs, and bonnyclabber brains, might become perfect models, if their imperfect mothers did not, by precept and example, interfere. How many adults, also, might increase the number of their days and their joys, with half the pains they take to diminish them.

THREE-FOLD ERROR.

Some years ago, an old gentleman in the city of New-York, before his death, bequeathed the sum of forty thousand dollars to his grandson, who, on arriving at lawful age, took possession of his inheritance,

with no provisory check to restrain prodigality, and very soon exemplified the folly of his grandfather in thus leaving his fortune to be squandered in a few short days, to the utter ruin of him whom he intended to benefit. The writer became acquainted with this young man a little before he was twenty-one. He lost his father prior to the death of his grandfather. His widowed mother had evidently been too indulgent for his good, or her own happiness. The "twig" had been neglected until it had become too stubborn to yield to her entreaties, or her tears. The groggery, the bowling-saloon, the gaming-table, and other kindred places, now presented greater attractions than a mother's love. But his race was short. "*Delirium Tremens*" hurried him away—the grave-yard hid him from the gaze of mortals—and to the eternal world his poor mother soon followed her ruined son! Here we see combined in one disastrous result, the errors of three generations.

COMPOUND ERROR.

Thirty years ago, Messrs. A, B, C, and D, from Vermont, Massachusetts, New Hampshire, and Connecticut, came to this city, to get rich. Well, what had they in their favor towards gaining their object? Had they money?

No. That was the very thing they came to get.

Had they a good knowledge of city customs, and the manner of doing a city business?

No. They came from the green valleys, and the rugged hills, and the mountain tops of New England.

Had they influential friends?

No; they left their friends behind, to make such acquaintances here as circumstances would permit.

Had they extraordinary gifts?

Not unless good constitutions, good common sense, good principles, good habits, and good wives, were extra gifts. These were all the extra gifts they had, and all they needed.

Well, did they succeed?

Yes, honorably and very successfully did they follow their several callings, and far exceeded their expectations. And now, a very important question may be asked. Having been wise for themselves are they now wise for their children? We have admired their wisdom in adopting means to ends; praised their perseverance and self-denial, and we love and respect them for their honesty, industry, sobriety, and frugality. But now we look for wisdom, and behold folly!

Those successful merchants who first commenced business with a small capital in front, though with a goodly treasure in the rear, when fashion stored in a modest two-story building, goods, wares, and merchandise; wives, babies, clerks, and friends; bread, ham, eggs, butter and cider; and who now spread out their wealth around the parks in glittering palaces and splendid equipage, what do they do to encourage their sons to pattern after their successful fathers?

Is not the millionaire conscious that he enjoyed life then better than now? Does he strive to impress this upon his only son? He ought to say,

Come, my son, you must live a stirring life, if you intend to preserve your health, and prolong your days. You must drive away at something honorable and profitable, and be at it early in the morning, or that industrious young mechanic over the way, who has hardly two-and-sixpence capital, will be far more likely than you, to occupy these premises shortly after I am gone ! Yes, you must do as your father has done before you, if you ever expect to accomplish any thing of importance. To be sure I have laid up a little money, but that has not learned *you* how to make any, nor how to *keep* it, unless you have learned to do, as I have done. I would rather see you out early in the morning making "*wooden nutmegs*," as I use to do down there in Connecticut, even if you have to peddle them yourself, than find you destroying your health and reputation by idleness and prodigality.

He will also say, if he is wise, Come, my daughter, look well to your health, lest you destroy it by being up too late at night, and down too late in the morning. If the fingers of a man's hand should come forth, as in the days of Belshazzar, and write upon the wall before your eyes, "Thou art found wanting," and for every unhealthful indulgence thou shalt have *disorder, disease, destruction*; you would hardly have greater inducements for scrutinizing your habits, than you have already. The vitalizing breeze without whispers, Come, come, immortal, and I will breathe into you the breath of life; therefore beware, my daughter, how you tarry too long at the toilet, lest you kill time to keep *pride* alive; destroy

substance to preserve the *shadow*, and forfeit health, to inherit *disease*!

Neither set too long at the *lyre*, but imitate the songsters of the forest, for they *work* as well as sing. If you would long enjoy the comforts which surround you, be cautious and not abuse them. If you would tarry a little longer this side the grave, remember that the means for preserving your health, lie at your own door. You hold them in your own hand. Your health and happiness are now laid in the balance, and it is left for *you* to turn the scale which way soever you will, and if you would not receive the painful intelligence from some man of skill, that you are weighed and found *wanting*, then I beseech you to listen in time, to the advice of the whole medical world, and not wait for action till the hectic flush, the hacking cough, the frequent pulse, the sunken eye, the panting breath, and wasting flesh, bespeak an early grave! O, think not, my daughter, that your father has toiled hard and long to lay up, a little money with which to hurry you to the tomb, that he might give you a splendid funeral before you are twenty-one!

But, does this experienced father as wisely, and as indefatigably exert himself to induce his children to pursue the path of safety, as he did to add dollar to dollar, and house to house? Of course many are wise and prudent in this important matter, but how is it with others? What is the sequel?

SAD MISTAKE.

He says, Well, I have had a good many hard knocks in the world. Have often had wind and tide against me, friends and foes against me, changes, times, and seasons. My struggling up the hill has been like the frog jumping out of the well, and for a long time I doubted whether I should ever reach the top. With me it has been coarse fare, hard work, constant application to business, self-denial, and slow progress. Now I am determined that my children shall have an easy life.

Ah! yes, and you might have added, an *early death*! Strange that you should so soon forget, that in your very perseverance, economy and toil, was not only your success in gaining wealth, but also in promoting happiness, and in preserving your health. And if your life was to be lived over again, would you not take the same course, would you not prefer your industrious, frugal habits to those of the indolent spendthrift?

And were you not in reality as happy when you accumulated the first ten pounds, as you are now with all your estate? Then, a stale crust tasted sweeter than a plum-pudding now. Then a few hours sleep were more refreshing than a week of dreams now. Then there was more satisfaction in earning fifty dollars, than in spending a thousand now. Then it was more delightful to walk a mile in the prosecution of business, than it is to ride in a coach and four now.

A man often, if not always, finds more comfort in the acquisition of property, than in the possession.

And he will generally find that large sums of money not earned by the possessor, are more frequently a curse than a blessing. Ask any intelligent physician, and he will tell you that wealth lavished upon children, frequently hurries them to the grave, and not unfrequently proves the destruction of others. But we must notice the conclusion of the case now under consideration.

Well, what does the unwise father, who does not train up his son to habits of industry and frugality, do for him? Pretty early he begins to fill his pockets with money, and his head with vanity. He is willing that his *children* should know that he is richer than his neighbors, and they are pretty sure to be told of it even before they can spell the word *money*. And lest the little ones should not exactly understand what it means to have so many dollars and cents, they are told not to associate with certain children, because their parents have to work for a living! Horrible of course!

Said a little urchin (hardly half way to his teens) the other day to his school-fellow, while they were standing before my window, "I am richer than you! My father has got more real estate than your father has. He can't begin."

Yes, the leaven of pride, and the yeast of riches, have already begun to ferment in this youthful mind, and will probably so thoroughly inflate him with self-conceit, that, before he is twenty-one, he will be older and wiser than his father and mother too. Will know how to spend money much faster than his father ever knew how to earn it; can go to more bowling saloons,

visit more gambling-tables, drink more champagne, eat more late suppers, smoke more cigars, drive a faster horse, and whistle for more dogs. Now, with all the improvements of the day, he of course expects to reach the summit in much less time than his good old sire did in the old-fashioned way of crawling up the hill by inches.

But, the great mistake is, he *begins* at the summit, and of course can run down the hill faster than his father could run up, and so finds the bottom in half the time that his father found the top.



Going the Wrong Way.

Before he is twenty-five, his health begins to suffer, his appetite fails, his hand is tremulous, his body a wreck, and *delirium tremens* hurries him away, or he

comes to some other untimely end. If the reader has not seen more than one thus begin at the wrong end of his journey, he must have been very little acquainted with the inhabitants of this, or any other large city or town, for the last twenty-five years.

But this is not all. One young man who is ruined for want of wise training in early life, perhaps ruins a dozen more. Influence in community is like leaven in a mass of dough. How often do transactions, apparently the most trifling, work out the most terrible results.

POWER OF INFLUENCE.

Let me first give the reader an illustration of the power of *physical* influence.

That little animal, the *muskrat*, sometimes digs a small hole through a man's mill-dam, and lays the foundation for disastrous consequences. He has done but a very little, yet he has done enough, and may as well stop; for the waters which lay stretched out above, far and wide, will finish the work of destruction, unless some one is ready to apply a few shovelfuls of gravel at the right time, and in the right place.

At first, no one suspects the danger. But in a little time a perfect torrent is seen rushing through the dam with tremendous force. The owner exclaims, My mill is gone ! and I am undone !

Messengers are sent hither and thither, and great numbers are collected to mend the breach. But now the proud waters laugh at all the shovels and spades, and brush and gravel, and plank and stones, and beasts and men, which can be brought into requis-

tion, and sweep away, as so many spider's webs, every obstruction, and roll on with fearful velocity and augmented power, and, with a terrible crash, carry away in half the time, the next mill below; and still roll recklessly on with increasing strength, sweeping to destruction both mills and men.

Now a spectator standing upon some eminence philosophizing upon the cause of this terrible calamity, could hardly believe, if he had had no experience in such matters, that a few pounds of gravel scratched away a few inches from its appropriate place, by the tiny feet of the rat, was the cause of the wide-spread desolation.

Again, a man is devoted to his cups, and his sons, and grandsons, and great-grandsons follow his example, and thus generation after generation of drunkards curse the earth and disgrace themselves. Hence we perceive that physical and moral errors travel down from one generation to another, so that when and where the influence will stop, no tongue can tell. A man may not only so undermine his own mansion as to be crushed in its fall, but he may so lay the *foundation* as to make the ruin of the future superstructure, also certain. But I must notice the mischief and ruin of physical influence in another department.

ARTIFICIAL CONFORMATION.

The single custom of *tight lacing* has, either directly or indirectly, dug more graves, blasted more hopes, and cut down more victims, than could ever be charged to guns, bayonets, and bullets, at any field

of battle upon the face of the earth. And why does this disastrous custom so prevail? Has not the danger been pointed out? Certainly it has, more than a legion of times, and by tongues so eloquent that I hardly dare speak above a whisper. Yes, "line upon line, and precept upon precept" have been given. The consequences have been pointed out, over and over again. Then I ask again why does the worse than foolish custom prevail?

Now we do not like to be so vulgar as to say, that it is simply to imitate the example of the "*Flat Heads*," who think that their babies look most horribly, until, by continued compression, they modify the shape of the cranium to their own fancy. Yet we must confess our ignorance of any other good reason.

It may be said that there has been much improvement in dress, of late, and we are very thankful if there is a single modification for the better, and will not despise the day of small things. But it unfortunately happens, that the axe is not yet half laid at the root of the tree. Fashion may seem to repair some of the mischief which she has done, while she beguiles her unwary votaries into other destructive customs where danger is little suspected.

We have already seen that the grand object of a well-developed chest, is to give full play to the lungs. In other words, to give the whole system the invigorating influence of a good supply of pure air. We condemn any and every apparatus which prevents this.

But the lungs can be opened to receive the life-

giving atmosphere, only in proportion to the limits of their bony boundary. However, while they are perfectly *sound*, the individual may get along tolerably well, and suspect no danger, whose chest is much compressed. But let one lung be destroyed by disease, which frequently happens in a very short space of time, and then see how it will go with the sufferer who has long been guilty of the folly now under consideration.

What would you say of a Captain, who, with his steamer and passengers, starts out to sea with just fourteen days provision and coal, while there is plenty to spare, simply because he expects to cross the Atlantic in just two weeks?

Why, you would say "he is a real—" stop, stop! How do you know that you can command the services of the entire lungs half long enough to cross the Ocean? And as you hardly have a cubic inch to spare, in case of emergency, you had better let the folly of the Captain pass for what it is worth, and if he does not repent and return to take in a little more coal, *you* had better prepare at once, to take in a little more *air*!

But the individual who has a well-expanded thorax, in which the lungs have plenty of room for dilatation, may lose an entire lung, and yet breathe on, and live on through a long life, with little inconvenience.

Hence we see the wisdom and goodness of our Creator in furnishing us with *two* lungs, as well as with two eyes, two hands, two feet, &c., for every indispensable act can be performed with one of

each of these organs, when in a state of integrity. Perhaps the reader may think it a pity that some were not made with two *heads* also, if wisdom might thereby be found in either.

Now, mothers, for the sake of your own safety, the health and happiness of your daughters, and the redemption of countless victims from the compressing, crushing influence of a silken serpent, let me once beseech you to act the part of wisdom, and set an example, and exert an influence worthy of your exalted station. Will you not reform at once? Why not? I assure you that it is not an evil to be winked at. It is no trifle to be even *fashionably* suffocated.

It will afford you no comfort, when you shall be compelled to point those to the grave-yard, who inquire after your loved ones, to be able to say, they lived and died in the fashion. O no! Those upon whose life and comfort, your very existence may almost depend—whose light hearts, and bright eyes, and sweet voices, and ruddy faces, are better to you than all the sparkling gems, and glittering crowns, and matchless harps, and golden sands, of which earth can boast. Alas! would you sacrifice to fashion those cherished ones whom you so dearly love, and over whom you have so long watched, with the fondest hopes, and highest expectation—whose silky locks a mother's hand so oft has parted, and whose blooming cheeks so seldom lose a mother's kiss; and over their lifeless remains would you shed your last tear; on their sandy graves, plant the weeping-willow, and on their flinty tomb-stones write a long farewell?

If not, then again I beseech you to let your maternal tenderness be mingled with timely prudence, while you hear the voice of warning. While yet there is hope.

When the physician finds that he can do no more to stay the work of death, remember that it is quite painful enough to communicate the fact, without pointing out at such a time, the folly which has led to such a disastrous result. And, besides all this, it is then too late to give advice. Hence you will not hear at such a time, what you may hear on other occasions if you will.

From what I have already said, in another place, respecting the pliable condition of the bones in early life, it will be seen that compression of the chest, at any period before twenty, or twenty-five, is worse than at a more advanced age. If you contract its cavity by long compression before twenty, you cannot properly expand it then, if you would.

But please bear in mind, that corset strings are not the only bands of pulmonary bondage. Watch your *dress-maker*, and don't let her cheat you out of your earthly comforts, by sending you on your way to the grave, panting for breath.

As I witness in our streets the slow and solemn tread of the funeral train, I sometimes say to myself, now, if the primary cause of death could always be written upon the hearse, in letters that none could fail to see, that none could misunderstand, many stout hearts would tremble, while the incredulity of others would be terribly shaken. With such teaching as this, the warning voice from the living would hardly

be so much needed, though it is doubtless true, that many "would not be persuaded though one rose from the dead."

But if I should say, that it is all idle to cry out against errors in this, or that department, that it makes no difference what you eat, nor what you drink, nor what you wear, nor what you do.—suit your own fancy, and your health will take care of itself—many would cry out, Ah! yes, *this is just the doctor for me!* But as I am not prepared to advocate such views, nor authorized to "cry Peace, peace, when there is no peace," I will proceed to give a few more hints under the head of errors.

PRIDE AND POVERTY.

A man sometimes suffers pride to run away with his health and happiness, faster than the "running of *Ahimaaz*, the son of *Zadok*," and "the driving of *Jehu*, the son of *Nimshi*," while he searches for other causes of his deteriorated health, throughout the dark recesses of earth's calamities. The following may be given as an example.

A man in town, has lived many years in a *two-story house*, where he has enjoyed more real comfort perhaps than most of his neighbors. He has lived within his income, promptly met all his engagements, and has received all the respect that he could desire.

But in an unlucky moment, he has come under the poisonous influence of that infection, which, in modern times, so pervades the atmosphere of all large cities and towns. The fashionable style and parade of his rich neighbor, has caught his eye, and, like the

charm of the serpent, has rendered him an easy prey to future wretchedness. His neighbor has plenty of money, and therefore has a right to live in a style which is no criterion for him.

But, alas ! the man measures his comforts by the wrong rule. He foolishly supposes that his neighbor's enjoyments must be at least one-third more than his, because he lives in a house one-third *higher*. This he cannot tolerate. Neither can his wife and daughters. Hence he contracts at once for a *three-story house*.

Well, the old furniture must now be disposed of, whether it sells for little or much, as the very sight of it, would be equal to living in the old house. Other articles, and more numerous and splendid, must adorn the mansion.

DISCOVERED TOO LATE !

But the mistaken man finds, to his great astonishment, a little too late, that he is in a fair way to be placed under the head of *errors*. His funds begin to run short, before the last ornament has graced the new abode. This *fiscal cooler* gives him such a chill, when he looks the matter fairly in the face, that at least one story of his anticipated comforts is knocked away !

NOT EASY TO STOP.

Well, he is now fairly in the current, and consequently must float on. Appearances must be kept up, and a fashionable party must come off in due time, and in due form. For this he requires five

hundred dollars, and, being a little minus, asks his friends for the money, and finds, to his great mortification, that they are perfectly aware that his income will not warrant his present extravagance, and dare not accommodate him as in days past.

Now he begins to realize and regret his error. Now he vainly wishes he could recal the past. A crushing weight lies upon his mind, and disgrace stares him in the face! What can he do? Behold the crisis draws near! He vacillates between hope and despair—turns to the right, and the left—looks this way, and that—goes up town, and down—works early and late, runs to bankers, brokers, and shavers; begs assistance, asks endorsers, offers pledges, and after a few more days of deep and awful anguish, a red flag is seen fluttering in the wind over his door, endorsed with that significant word, AUCTION.

This is the brief history of too many, who in this, and in similar ways, sacrifice their health and happiness to *pride*. Now they would be perfectly satisfied to come down to *two-story-house-comforts*.

Yes, and cheerfully submit to all their losses of dollars and cents, if they could but regain their former reputation. But, alas! confidence has departed, and perhaps health and hope too!

Although such a disaster will not affect all alike unfavorably, yet the system may receive such a shock, as eventually to place it beyond the curative reach of any remedial agent. Hence, the physician sees the importance of warning his fellow-men to beware of errors in every form.

CRIMINAL ERROR.

Whenever a man is determined to gratify his pride, even at the expense of others, he then imperils the welfare of his fellows, as well as his own. When he lies down at night, he calls to mind many who have toiled long and hard for him, and have not been requited. The cries of the wronged poor ring in his ears. The sighs of those whom he has impoverished, disturb him without his consent, and prevent his repose. The entreaties of those who have gone to the dead, come up afresh from the grave, and he leaves his bed and walks his room and tries to forget the past.

At length he looks out, and discovers at a little distance, sitting at an attic window, a poor, emaciated widow, exerting what little strength remains, whose honest husband he knows full well that he hurried to the grave, by robbing him of all the living that he had, so that now she must devote a double portion of her time to labor, to keep those little ones from starving and freezing, who are already becoming diseased, through his own agency. And his thoughts drive him from pillar to post, as his mind glances over the field of desolation, bringing to view those whom he has rendered helpless, homeless, and breadless!

Can he rest? Not as an honest man rests! He may lie on a bed of down—may roll in luxury and heap up his ill-gotten gains to the clouds, and revel in all the gratifications that wealth and energy can command, yet he is not a happy man. *Conscience* is a

thorn in his pillow—an arrow in his bosom, a bitter dreg in his cup! Some may say, “he has no conscience!” *So much the worse.*

When he arises in the morning and sits down to a repast (which, though through his ill-gotten gains he is permitted to receive) dare he say, “O Lord, bless me in the reception of this food which I have just snatched out of the mouth of that poor widow over the way.” What else can he say and speak the truth? And if he dare not speak the truth to his Maker, he had better stop and make universal satisfaction, as far as is possible, if it takes the last dollar—he, as well as others, will be far better off.

It will be remembered that I remarked at the commencement of this work, that health prevents crime, and I may here remark with equal propriety, that *crime prevents health!*

SURGICAL ERRORS.

An erroneous opinion has been very generally entertained, in regard to bleeding immediately after injuries. Now, the reader may be present where some individual has fallen from a great height, and received a very severe shock. The first thing that you will probably hear, is, Bleed him, bleed him! Possibly the same thing may happen to you. Should you be so unfortunate, and should any one attempt to thrust in a lancet, for there is often some knowing one near by who has at least seen a horse bleed; say to him, if you can speak, stay your hand! and if you wish to move the circulation aright, put a bottle of hot water (if you can spare no more) to my feet.

If the case should appear so urgent, and the demand for a doctor so great, that an attempt should be made to raise Hippocrates from the grave, and if he should actually come forth with a lancet in his hand, just invite him to retire until you at least get *warm*. During the stage of prostration, while the surface is cold and bloodless, beware how you trifle with the precious fluid. Take not a drop until *reaction* comes on, and perhaps not then.

But, some say that it is better to bleed early to prevent too *much* reaction. Not so. While in this state of prostration, which usually follows severe injuries, no living man can tell whether there will be reaction *enough*. This you must have or die! You had better wait therefore until you see whether you are going to have reaction enough to keep you alive, before you quench the last vital spark!

But it is said, "there is a want of *circulation*," and so this is given as an excuse for bleeding. A miserable excuse it is. True, there is very little blood moving in the veins at such a time, and would you therefore take away that? What else will enable the system to rally, and push the stagnant flood into its appropriate channel? But, very fortunately for the patient, nature is wiser than the doctor and often prevents him from robbing the sufferer of his last and only hope. It is generally difficult to obtain much blood during the cold stage. But instead of taking this plain hint from nature, the majority seem to think, that the more difficult it is to make the blood flow, the greater is the necessity for bleeding. The first great and important thing to be done after a serious

injury, is, to put the patient in a favorable position, and then get him warm as soon as possible, and in the mean time send for a physician.

The above remarks are made, not only to correct a popular error, but because such cases require prompt action, and because it is necessary that every one should be prepared to act intelligently, from the spur of the moment.

Perhaps it may be proper to notice, in connection with this subject, another error, though it might be placed under the succeeding head. I allude to the practice of giving cathartics. Now, in all cases where the injury has fallen upon the trunk, it is better to avoid premature purging. If the patient is injured only externally, he will probably get well without physic. At least he will not require any for a few days. If there be an internal injury, the probability is, that the physic will do more harm than good. The parts, in order to recover from the injury, ought to be kept quiet. The patient should also refrain from eating. For painful parts, poultices and fomentations will be found valuable. If the patient is thirsty, he may drink toast-water, barley-water, or ice-water. But in the early stage, that is, soon after the injury, if re-action does not appear, stimulants, both externally and internally, will be required. If the patient can swallow, give him small doses of brandy and water, oft repeated. If there are any wounds, of course they must be attended to, and hemorrhages arrested. These few general remarks are made, under the supposition that possibly the

reader may be so situated that surgical aid cannot readily be obtained.

MEDICAL ERRORS.

Some people, yea, many, commit a grave mistake by dosing themselves, their children, and their friends *to death*. They would not risk as many drugs in their *horses*, as they do in their own stomachs. This is an error which sustains more than half the drug-shops throughout the land, to say nothing about humbugs and nostrum-venders. I hope my friends, whose vocation it is to roll up the pills, and stir up the powders, an honorable and useful one to be sure, will not charge me with unnecessarily endangering their craft. The truth must be told; though I do not think there is much danger at present. For mothers and nurses (at least many of them) seem almost to think that infants ought to be born in a *medicine-chest*. Hence, as soon as they have sense enough to cry, and strength enough to swallow, down goes the castor-oil and catnip, no matter what, or whether *any* thing is the matter or not; down it goes!

If the little one is fortunate, or unfortunate enough to outlive this stage of medication, and happens to eat a little too much and runs to mamma and says, "O, I have got a pain!"—she says, "Run, Susan, run, hurry, hurry, and get the castor-oil—quick, quick—the child is sick!"

If this passes off favorably, and the child is subsequently tempted to eat more trash than the stomach can possibly tolerate, and nature comes to its relief and unloads the organ, the moment the

little sufferer begins to vomit, the frightened mother exclaims, "Oh! my dear husband, call the nurse, and speak to the cook, and ring for the waiter, and run for the doctor, the child is going to have a fit."

Hence with all the evils to which they are exposed, many of which have been noticed already, it is not at all strange that so large a proportion of children die before they are five years old. The reader will perceive under the head of "*longevity*," that the bills of mortality show a frightful per cent. of deaths among this class, throughout the world.

PATIENT'S ERRORS.

Perhaps I ought to notice an error, which is far more common than many are disposed to admit, and which is just as foolish as it is unsafe. While we condemn the habit of drugging for every little pain, and unpleasant sensation, we are well aware that there are many cases where remedial agents are not only indispensable, but require to be administered strictly according to the precise directions of the physician.

Now there is a certain class of patients, who, after they send for a physician, seem to think that they really do quite well if they listen to half the doctor says, and take half the medicine he prescribes. Of course they consider him *half a doctor*, and hence they ought to be but *half cured*, and this is more than they have any reason to expect; and twice as much as they deserve!

They send for a physician, not simply to be benefited by *his* knowledge, but to tell him how much

they know. But the doctor must *come*, whether convenient, or even safe, or not, and come in haste !

Is he taking his dinner ?

No matter for that ! Let him eat when he has nothing else to do, and if he has a cold dinner, that is his look out.

Is he taking the first nap, after a sleepless week ?

Wake him, wake him ! A sleepy doctor cannot be tolerated. He was never licensed to *sleep* !

Is he twice as sick as the patient ?

No matter for that. What right has a *doctor* to be sick ?

Well, when he arrives, the servant shows him into the parlor, and informs him that Mr. —— is taking his dinner, and will be ready to see him in less than half an hour. The physician, if he does not leave at once, and go home and finish his turkey, or his nap, and charge the man for a visit made to his *parlor*, sits down and tries to content himself by reading the news, or by calling to mind the pleasures and privileges of the profession.

After the patient has eaten enough for two *well* men, he makes his appearance, and says, " Doctor, I have been very much afflicted with a severe pain in my foot for several days, and I thought I would consult you about it, though I know perfectly well that there is very little use in doing any thing for these sprains, and I have pretty much made up my mind to let it alone altogether."

" Well, let your opinion be what it may, your disease is undoubtedly—"

" Doctor, I am one of the most temperate men in

the world, and it cannot be possible that I have got the *gout*."

"It will be necessary for you to abstain from the use of—"

"No, sir, I am not going to starve myself at any rate."

"You will also find it necessary to take a little—"

"Not at all. I do not intend to make a drug-shop of my stomach, any how! And, more than this, I should like to know how long it will take you to cure me, for I am not going to be long shut up here, dosing and dieting."

"I never warrant any man cured without any regard to time."

"Well, doctor, I think I had better try some new system. There is a great and wonderful *baker* down town who says that he can cure me with *bran-bread*."

"Yes, this is undoubtedly far better for you, than the trash which you have been eating."

"There is also a *washerman* up-town who makes remarkable cures with *Croton water*."

"I can cheerfully recommend this treatment, for I always approve of cleanliness."

"And there is living hard by, one of the improved sons of Hahnemann, who is altogether an extraordinary man, for he makes almost miraculous cures by letting his patients very cautiously breathe minute doses of the air which has been wafted from the spice-hills of South America."

"Well, such treatment is admirably adapted to certain disorders of the *head*."

"Perhaps I ought to mention, also, that there is

a man in town, of great celebrity, who says he can cure the worst cases of gout and dyspepsia, by keeping a man's bowels dancing eight-and-forty hours like a churn-dasher."

Now, reader, there is more truth than poetry, in the above representation. Many, not only run after every novel remedy, and novel doctor, that ingenuity can invent, but while they have every reason to be, and are satisfied with their own medical adviser, do much to prevent his success in treating disease. I beg leave to call the reader's attention to one very fruitful source of evil, in this respect. It is generally the offspring of kindness and ignorance, and therefore deserves the more attention.

KIND ENOUGH TO KILL.

It is a very common thing, I may say, an everyday occurrence, for some kind friend to enter the sick room, as soon as the doctor's back is turned, with a little well-meant, but ill-sent advice, saying, "Take a little of this wonderful medicine which I always take when *I* am sick. I don't care what the doctor says, *my* doctor recommends it, and I know it is good, and will do you good, and that's enough. Down with it, it helps every body who takes it."

Now, if a man should advise you immediately after taking a hearty dinner, to take another, saying, "Two dinners are better than one," he would be a wiser man to give advice, and a safer guide to follow.

Now suppose the article recommended, to be as simple as its *prescriber*, if that were possible, it may nevertheless be sufficient to perfectly neutralize the

remedy which the physician has just given. That very remedy perhaps the practitioner expects to save his patient's life, but which might just as well be in the doctor's laboratory as in the patient's stomach, after being thus neutralized.

On the other hand, although the article itself may be very simple and harmless while uncombined with any other agent, it may, notwithstanding, be the very thing to unite with the remedy just given, and form in the stomach a most deadly poison. In the former case, the kind friend kills the patient by diminishing the power of the remedy prescribed ; in the latter, by increasing it.

Let it be understood, that, under certain circumstances, the most disastrous consequences may follow the use of a simple dose of salts, a single glass of brandy, or even a small crust of bread, given contrary to the wishes of the physician.

Perhaps I have hardly given a hint of more importance than the last. It is therefore to be hoped that the reader will bear it in mind. And whenever, and wherever an attempt shall be made in the sick room to set aside the physician's advice, or to modify his plain directions, treat it at once as the urgency and importance of the case demands, even if the medical adviser be a *downright quack* ! No matter who he is, or what he is ; either follow his directions or follow *him*, and, when he gets to the door, tell him frankly that he had better call on somebody else.

TOO FOND OF CHANGE.

Don't be forever running after a new doctor. It is better for the profession, perhaps, and the apothecaries too, but not for you. The physician who has long watched the development of various changes in your system, and the effect of remedies on the constitution, is far better prepared, other things being equal, to treat you successfully, than a stranger.

And after you have employed a physician of your own choice, don't run five miles to give a lawyer fifty dollars to help you to cheat the doctor out of five! Alas! for our race, that such a hint as this should ever be needful. Put confidence in your doctor, follow his directions, and pay his bills, and then he will put confidence in you. But how can he confide in one whose mind is as flickering as a whirlwind, and whose faith and practice is as wavering as a *weather-cock*.

TOO MUCH CONFIDENCE.

From the last hint given, perhaps the reader will hardly expect to be accused of trusting too implicitly to medical advisers.

But there are those who seem to feel, judging from their habits of living, that if there is a good and skillful doctor living near by, who has a fast horse and plenty of medicine, there is little or no danger of dying, do what they will. Hence they seem to defy the "King of Terrors," as they plunge into all manner of excess and peril, and say, "Stand back, here's a *doctor*?" But the reader will remember that

I have already said, that every one can do more to *prevent* disease, than the physician can to *cure* it. It is very well to have a medical adviser at hand, in case of emergency, but it is better to keep him far off, by a judicious use of proper promotives of health.

CLIMAX OF ALL ERRORS.

To conclude the subject of errors, I beg leave to say, that a greater deviation from the path of safety can never be made in this "vale of tears," than to neglect a moment to make provision for the last great change. Therefore, whatever you do, and whatever you leave undone, *fail not to prepare for the sick-bed, while in health.* Depend upon it, the day will come, will surely come, when the physician and all his remedies will fail—when heart and flesh, and earth, and friends, will fail—when you will need the aid of the "Great Physician," who can kill, and who can make alive, and who alone can make you whole for time and for eternity. Never forget that the sick-bed is a poor place to rectify errors. And no man has any certainty of receiving even this privilege, for very many come short of such an opportunity. If you defer this important work, I tell you, fellow-traveller, the experiment will be made at your own peril. This is an error, the influence of which reaches far beyond the grave, and stretches onward forever and forever more.

Perhaps the reader may think that I have dwelt too long on the subject of errors, though "the half

has not been told," and as I have very naturally pointed out many, under other heads, such as diet, exercise, ventilation, &c., I will now direct his attention for a few moments to subjects of a different nature.

RECIPES.

In presenting a few recipes, I do not intend to confine myself to simply medical recipes, but shall offer such as it is supposed will interest the reader, and be found more or less practical in the various departments of life, and also either directly or indirectly connected with the sanitary condition of the public.

To arrest a Hemorrhage.—If it be *internal*, take a tea-spoonful of table salt, dissolved in a little water, and repeat if necessary. If *external*, use compression. It sometimes happens that a man bleeds to death before a surgeon can be obtained, by being accidentally wounded. If it happens on either of the extremities, take a cravat, suspender, strip of cloth, or any thing that can be obtained at the moment, tie it loosely round the limb, insert a stick, twist it up until the bleeding stops, and send for a doctor at once. If it occurs on the trunk, where such measures cannot be adopted, perhaps the thumb firmly held upon the part may control the hemorrhage until surgical aid can be obtained. If not, a hard compress of cloth, firmly rolled up and pressed upon the part, may succeed. It is often a much more simple matter to arrest a hemorrhage than many seem to suppose. But, in consequence of not believing in simple remedies, some are left to bleed to death. Now just do as a genuine Yankee does, down in the old Bay State, when the plug flies out of the cider-barrél. If he cannot find it, he will of course hold his thumb over the hole until some one brings another. If you will

bear this in mind, you will perhaps save some man's life, if not his cider.

To stop Vomiting.—Either one or more of the following remedies may be tried. Put a mustard plaster over the pit of the stomach. Take a little ice-water, or eat the ice. A tea-spoonful of Carb. of Magnesia and water, is often successful. Small doses of clear brandy, if the patient can swallow it, often works like a charm. Sometimes wheat flour, mixed with cold water, and frequently better than all is to do nothing. Let the stomach rest.

To induce Vomiting.—It is frequently necessary to produce instant vomiting after some poisonous article has been swallowed, and it is important for every family to know what can be effectually and safely given, in such cases. Every one knows that Ipecac and Tartar Emetic will speedily produce emesis. But the latter is unsafe in inexperienced hands. The former is safe but not always at hand. A table-spoonful of common salt in warm water will answer the purpose, and act kindly on the system. The same quantity of ground mustard is still more efficient. These articles are invaluable because always at hand.

To check Diarrhœa.—Almost any astringent, given in sufficient quantity, will check an ordinary diarrhœa—a strong infusion of green tea may be efficacious. But it is much more difficult to give a safe and suitable recipe, adapted to general use, in this case, than in those mentioned above. One form of diarrhœa may require a *laxative*—another an *astringent*—the third a *tonic*—and the fourth a *sedative*

treatment, &c. This makes it all important to consult a physician, and generally the urgency of the symptoms does not prevent recourse to the faculty before commencing upon any course of treatment. But this volume may reach some sufferer whose lot is cast beyond the reach of doctors, to whom it may not be amiss to give a word of advice. In all cases, first regulate the *diet*. Remove every offending agent as much as possible, and breathe a *pure air*. Use warm salt water bathing and friction. The diet should be simple and small in quantity. Say a little plain rice, thoroughly boiled, without butter, and first thin enough to drink it. Also small quantities of chicken broth. Gradually the food may be taken drier, and the quantity cautiously increased, after the discharge is checked. In a majority of cases, a mild dose of physic may be taken at the commencement, followed in six hours with 25 drops of laudanum, that is, for an adult, and let the patient drink lime-water freely through the day. Much other treatment may be required which I need not notice.

To prevent Constipation.—Eat brown bread, mush and molasses, or oat-meal porridge for breakfast; use salt-water bathing and friction; cold water injections daily; exercise freely in the open air, and last, but not least, the single habit of obeying the voice of nature at a regular hour every day, will often work wonders, and I had almost said *always*, if persevered in. If none of the above remedies succeed, a mild *dinner-pill* may be taken every day, before or after dinner.

To remove Heart-burn.—As this is usually a symptom of some form of dyspepsia, to prevent it perma-

nently, it will be necessary to cure the disease. But great temporary relief may generally be obtained from the use of antacids, such as Potash, Soda, Magnesia, Lime-water, &c. The great thing is to prevent it by the use of a proper diet. Dispose of pastry as you would if you knew it to be half-*arsenic*. Let others eat all the *sweet* things. Take a large proportion of animal food, though not salt or smoked meats. Salt and water, or vinegar and salt, over the stomach and bowels, with plenty of friction, should never be forgotten.

To prevent Flatulence.—This troublesome affection is only a symptom of derangement of the digestive organs, and frequently accompanies heart-burn, and requires the same treatment as the last noticed. All kinds of food which readily undergo acteous fermentation, should be avoided. In this process both *gas* and *acid*, are generated. The gas of course producing *flatulence*, and the acid producing *heart-burn*.

To make Lime-Water.—Take of fresh-burnt lime a piece the size of a butternut, and pour upon it a quart or two of pure soft water; stir it well, cover the vessel, and set it aside for three hours. Then put it in a well-stopped bottle, shake it a few times, and keep it for future use. This is a valuable antacid, tonic, and astringent, and may be employed with great advantage in many cases, and especially in dyspepsia, attended with acid stomach. And mixed with milk, which completely covers its taste, it is one of the best remedies in our possession for those whose stomachs will not retain their food. Such persons ought to make it their principal aliment;

that is, lime-water and milk, with bread, crackers, mush, &c. Say a wine-glassful to a pint of milk. To check vomiting, a tea-spoonful every fifteen minutes may be given. In diarrhœa and other complaints it is also useful.

Liniment for Burns.—Take equal parts of lime-water and linseed, or sweet oil, and mix.

Liniment for Sprains, Bruises, Gouty and Rheumatic Affections, &c.—Take Camphor, half an ounce; sweet oil, two ounces. Dissolve the camphor in the oil, apply it to the part, and rub it in.

To make Wine Whey.—Take good Teneriffe, Madeira, or Claret, from a gill to half a pint, and mix it with a pint of sweet milk, and boil, and strain, and sweeten the whey with loaf sugar. This is a grateful and nourishing stimulus in cases of great debility, and may be used frequently through the day, beginning with a table-spoonful, and increasing as the patient will bear it. If it should bring on headache, or flushed countenance, it should be diminished or suspended altogether until these symptoms disappear.

To make Mustard Whey.—Boil together one pint of milk, and half an ounce of bruised Mustard-seed, until the milk is curdled. Then strain. “This whey has been found to be a useful drink in dropsy. A tea-cupful at a time may be taken.”

To make Beef Tea.—Take a piece of raw, lean, beef, chop it fine and immerse it in cold water ten minutes, and then boil ten minutes, and flavor it with salt, perhaps a very little pepper, and gradually add rice, bread, &c., as the patient can bear it.

To make Tapioca Milk.—Soak an ounce of Tapioca in a pint of cold water half an hour. Pour off the water, and add a pint and a half of milk, and boil slowly until the Tapioca is thoroughly incorporated with the milk. “No amylaceous substance,” says Dr. Christison, “is so much relished by infants about the time of weaning, and in them it is less apt to become sour during digestion than any other farinaceous food, even arrow-root not excepted.” This is also one of the best forms of preparing Tapioca for adults, when they require this kind of diet. Of course the adult will prefer a little seasoning.

To make Chocolate.—Take of chocolate, for four persons, one ounce, (some say two ounces,) water, one part, milk, two parts, and boil together, and add sugar quantum sufficit. Of course sweet chocolate will not be selected, unless the purchaser prefers to buy his sugar at twenty-five cents per pound.

To make Coffee.—Take any given amount of coffee, *Java* or *Mocha*, being well prepared by roasting and grinding; pour boiling water upon it, and filter without boiling. Don’t omit the trimmings. But if milk be used, instead of cream, boil it, which greatly improves its flavor.

To Boil Meat.—First boil the water, and then introduce the meat, and it will retain its juices much more perfectly than when put into cold water. It will be recollected that, in making beef tea, we first put the meat in cold water, for the very reason that we want the juices of the meat in the water. But not so when we want to eat the meat instead of the water.

To Roast Meat.—Roast it before an open fire, instead of smothering in the fumes of a stove. I am aware that this form of roasting is not convenient for many, and they must therefore be content to have it convenient to eat inferior roast beef, and turkies too.

BREAD.

As this is an article of food of so much importance to all, a few remarks upon its history, before noticing the different modes of preparing it, may be gratifying to the reader.

“Ovens were first invented in the East. Their construction was understood by the Jews, the Greeks, and the Asiatics, among whom baking was practiced as a distinct profession. In this art the Cappadocians, Lydians, and Phœnicians, are said to have particularly excelled. It was not till about 580 years after the foundation of Rome, that these artizans passed into Europe. The Roman armies, on their return from Mæcdonia, brought Grecian Bakers with them into Italy. As these bakers had hand-mills beside their ovens, they still continued to be called *pistores*, from the ancient practice of bruising the corn in a mortar; and their bake-houses were denominated *pistoriæ*. In the time of Augustus, there were no fewer than 329 public bake-houses in Rome: almost the whole of which were in the hands of Greeks, who long continued the only persons in that city acquainted with the art of baking good bread.

“In nothing perhaps is this wise and cautious policy of the Roman government more remarkably displayed, than in the regulation which it imposed

on the bakers within the city. To the foreign bakers who came to Rome with the army from Macedonia, a number of freedmen were associated, forming together an incorporation from which neither they nor their children could separate, and of which even those who married the daughters of bakers were obliged to become members. To this incorporation were entrusted all the mills, utensils, slaves, animals, every thing in short which belonged to former bake-houses. In addition to these, they received considerable portions of land ; and nothing was withheld which could assist them in pursuing to the best advantage, their highly prized labors and trade.

“ The practice of condemning criminals and slaves, for petty offences, to work in the bake-houses, was still continued ; and even the Judges of Africa were bound to send thither, every five years, such persons as had incurred that kind of chastisement. The bake-houses were distributed throughout the fourteen divisions of the city, and no baker could pass from one into another without special permission. The public granaries were committed to their care ; they paid nothing for the corn employed in baking bread that was to be given in largess to the citizens ; and the price of the rest was to be regulated by the magistrates. No corn was given out of these granaries, except for the bake-houses and the private use of the Prince. The bakers had besides, private granaries, in which they deposited the grain which they had taken from the public granaries for immediate use ; and if any of them happened to be convicted of having diverted any portion of the grain

to another purpose, he was condemned to a ruinous fine of five hundred pounds weight of gold.

“Most of these regulations were soon introduced among the Gauls; but it was long before they found their way into the more northern countries of Europe. Borrichius informs us that in Sweden and Norway the only bread known, so late as the middle of the sixteenth century, was unleavened cakes, kneaded by the women. At what period in our own history the art of baking became a separate profession, we have not been able to ascertain; but this profession is now common to all the countries in Europe, and the process of baking is also nearly the same.

“The principal improvement which has been made on bread in modern times, is the substitution of yeast in the place of common leaven. This yeast is the viscid froth which rises to the surface of beer in the first stage of fermentation. When mixed with the dough, it makes it rise much more speedily and effectually than ordinary leaven.”—*Ure's Dictionary of the Arts, Manufactures and Mines.*

To make Fermented Bread.—The first and most important rule to be observed, is, to obtain *good materials*. And good *yeast* is no less important than good flour. Take water, blood warm, and add the required amount of yeast, say nearly a gill to a large loaf, stir in a little salt and flour enough to make a stiff batter, and set it aside where it will maintain about the same temperature, and in due time the mass will expand in every direction, until it bursts and begins to fall. After this process is completed,

add the necessary amount of flour, salt and water, and incorporate the whole by a *long and thorough kneading*. Don't forget this. Then set aside in a warm place to raise, after which, kneed the second time, though less than the first, and when light, say double the size of the original, put it into a quick oven, and bake *thoroughly*, but not burn it.

In making so important an article as the "staff of life," it seems a pity that any should be deficient in the art. But go where you will, from house to house, you will hardly find two places where domestic bread is alike, and not once in a month will you find it just right. How many mix up barrellful after barrellful of flour, and yet never, in all their life time, make a good loaf. And yet I believe that those who know the least, or make the *worst*, have the best opinion of their bread. Said a distinguished Professor to me while writing these pages, "Tell them how to make good *bread*, for not one in a hundred understands the art."

To make Unfermented Bread.—Take two pounds of flour, one tea-spoonful (heaping) of Bi Carbonate of Soda, mix them thoroughly with a woodenspoon. Then take one pint of cold water, or as much as may be needed, and mix with about one and a half tea-spoonfuls of Muriatic Acid. Measure it in a wooden spoon, or some glass or other vessel that will not corrode. Gradually add this to the flour, stirring constantly, and form it into loaves as quickly as possible, and thrust it into a hot oven at once. It will require no salt, as the union of the acid and the soda forms common salt in the dough, and at the same time

gives off carbonic acid gas, which distends the doughy mass in every direction. This bread often agrees well with the dyspeptic, and, by the same process, cakes, pies, puddings, apple-dumplings, &c., may be made.

To make Buck-Wheat Cakes.—Take four parts of good buck-wheat flour, Oat and Barley meal each one part. Make a batter, add a little salt, and a sufficient quantity of yeast, and, when light, bake well. The addition of the oat and barley meal is an improvement so far as health is concerned, and many think that the compound improves the flavor. But, whether it does or not, we had better learn to love the modification which least disturbs the health, for all hot cakes, for weak stomachs, are little better than *Kidnappers*, and especially if they float down the œsophagus in a flood of butter and honey.

To make a good Oven.—To make good bread it is necessary to have a good oven. The reader will pardon a little egotism, as almost every body likes to tell of some great thing that *I* have done. At any rate no man can tell how soon he may find himself in some *ovenless* place, where a few hints on oven-making may not come amiss.

Well, being once in such a place myself, the truth of the old adage, “necessity is the mother of invention,” was fully realized. I had flour, but no oven. How I should get such an apparatus in the wilderness, was the question. I resolved to try my skill in oven-making and set about it accordingly. As for bricks they were out of the question, and stones suitable for such a purpose were as scarce. About

one rod from my cabin stood a mammoth hemlock stump, a little more than two feet high, and very flat on the top. For the want of a better, I selected this for the foundation of my Bakery.

Fortunately, not far off there was a mixture of sand and clay of about the right proportion for bricks. This I made into mortar, and spread a layer of it three inches thick, over the stumpy foundation, and left it to dry. In due time, I placed upon this foundation a pile of chips and other combustibles, of the size and form which I desired my oven to possess. But as it was difficult to make this ragged mass, or wooden loaf, sufficiently smooth, I finished the pattern or core with a covering of sand. And then a layer of mortar, three or four inches thick, spread over all, except a space for a door at the end, completed the masonry.

After letting the whole dry, I set fire to the wood and burned out the interior. This hardened the clay, and, as far as good baking is concerned, I have never yet seen a better oven than that. Perhaps others have done the same thing. How that may be I know not. At any rate the reader has the recipe, and, if he has plenty of flour and fuel, he need not starve. A man can have far more comforts, even in the wilderness, than many suppose, if it is not his own fault.

To make a Miniature Ice-House.—Take a large hogshead, or any large cask, and knock out one head and set it on the end, and put inside of this, another as large as it will admit. Fill the space between the two with any non-conductor, like sawdust, charcoal dust, dried tan-bark, &c. Insert a

small tube into the bottom, running through both casks to carry off the water. Let the lower end of the tube turn up a little, so that a small quantity of water will remain in it, which will prevent a circulation of air through the tube. Then fill the cask with ice, and put on the lid, and cover this with old flannel, or damaged cotton-batting which costs but a trifle. The same principle may be applied also to boxes. The writer has tried the casks and found them to answer a good purpose, and the article used for filling the space, was damaged cotton, and it is doubtful whether any thing better can be found. Of course the farmer and those who have plenty of room, should build on a better and larger scale.

Ice is not only a great luxury, but it is a remedial agent of no little importance. Hence every family should have a constant supply by night and by day, especially in hot weather. But it is not only convenient and desirable to be always well-supplied with this article, but the plan suggested will be found a matter of *economy*.

The price paid for ice, as it is served from the carts daily in small quantities, will average from fifty cents to one dollar per hundred pounds. The waste as it lies at our doors is often very considerable. The apparatus spoken of can be filled for 18 to 25 cents per hundred pounds in ordinary seasons.

Now it will be objected to perhaps, on the ground of waste. I admit that there is a greater waste in two vessels than in one. But no greater waste where the quantity of ice is large, than where it is small. And the waste in any apparatus, well con-

structed, and seldom opened, is very small. The ordinary refrigerator would still be needed for convenience sake, and, with it, the other need not be opened oftener than once in two days, if the refrigerator is of large size.

Many have adopted an erroneous conclusion in regard to the waste of ice, supposing that it is economy to buy a small quantity at a time. It would be a wrong conclusion, even if we could buy it as cheap by the 10 lbs. as by the 500 lbs. But let me explain this. Suppose that an ordinary refrigerator will require ten pounds of ice per day, to maintain a temperature sufficiently low to preserve its edibles. With only this amount there would be none to spare for other purposes. But if we add another ten pounds, there will be no extra waste, but the balance can be used as may be desired. In other words, ten pounds will not give us for our tables, *one* pound; whereas *twenty* pounds will give us *ten*!

To preserve Fruit, Vegetables, &c.—I hardly need say that all kinds of fruit and vegetables, as well as animal food, may be kept in an ice-house where the temperature is constantly near the freezing point, and not undergo any material change for ages. True the ordinary refrigerator is not sufficient for a very prolonged preservation, as it usually contains too little ice, and is too often exposed to the warm air. But how easy it is for every farmer to have an ice-house, and he will soon find out that it is for his interest to attend to it.

Stores will yet be made with immense underground rooms for ice-houses, from whence the merchant will

bring out the blushing cherry, the refreshing melon, the luscious peach, the delicious grape, and the unrivaled strawberry, as a Christmas luxury and New-Year's temptation. Here we may have "new laid eggs," at all seasons, and green pease as fresh in January as in June, and green corn and cucumbers as perfect and as cool out of a snow-bank in winter, as out of a garden in dog-days. And last, but not least, potatoes as palatable in seed time as in harvest. In this way the farmer, too, can take the advantage of good prices. Let him fill his icy store-house with green pease, corn and cucumbers, grapes, peaches, melons, &c., and keep them till holidays, then let him empty his *fruit-preserver*, and fill it with potatoes, and his pockets with the proceeds. Indeed he has every thing to encourage it. He can have at any favorable moment, the lightning jobbers to whisper, Come! And with the steam to speed him in, how can he labor in vain?

To make Soda-Water.—Take about one-fourth of a tea-spoonful of Bi Carbonate of Soda, and nearly the same quantity of Tartaric Acid, dissolve each separately in a glass one-third full of water, sweeten with loaf sugar, mix and drink quickly. This makes a refreshing, healthful drink, and, when the materials are purchased by the pound, costs but a trifle. Though less palatable, it is more healthful when used without sugar, and especially for the dyspeptic.

To make Tooth-Powder.—Burn a crust of bread to a coal, finely pulverize it, and keep it in well-stopped bottles. For the teeth and the breath there is no

better powder than this. A little castile-soap on the brush, is also good. It helps to keep both the teeth and the brush, clean.

To Polish Metals.—As some people seem to be more anxious to polish their *brass*, than their ivory, I shall hardly be excused for failing to give directions for cleaning door-knobs, teapots, spoons, &c. Well, take a little Camphene, (spirits of turpentine,) on a woolen rag, with a little rotten-stone, rub the article smartly, and finish with *dry* rotten-stone. There are no better polishing materials known than these. And they are both cheap and safe. Oxalic acid, so often used for polishing brass, copper, &c., is not half as good, and is moreover quite too dangerous an agent to be kept on the premises.—(*See Poisons.*)

Substitute for hard work, or "Washing Liquor."—As the wash-tub is an excellent gymnastic apparatus, perhaps it will be thought a little strange that any one so much in favor of exercise, should point out any way for dodging it. But it will be remembered that I have already spoken of the evil of *excess*, and for the benefit of those who frequently find it necessary to exert themselves too much for health, I copy the following recipe. It may be said that this has nothing to do with health. Cleanliness however has as much to do with health as filthiness has with disease. I should be very unwilling to have the reader suppose that he has nothing to do in preserving his health, but to run after doctors, and pills, and plasters, and powders. But, to come to the point, I must give Mr. Twelvetree's famous recipe for washing, which he has sold, to how many thousands I

know not. It is taken from the "*Liverpool Standard*."

"Dissolve $\frac{1}{4}$ lb. of lime in boiling water, straining twice through a flannel bag; dissolve separately $\frac{1}{2}$ lb. brown soap, and $\frac{1}{2}$ lb. Sal Soda—boil the three together. Put six gallons of water into the boiler, and, when boiling, add the mixture. The linens, which must have been steeped in cold water for 12 hours, are wrung out, any stains rubbed with soap, and put into the boiler, where they must boil for 35 minutes. They are then drawn, (the liquor being preserved as it can be used three times,) placed in a tub, and clear boiling water poured over them. Rub them out, rinse them well in cold water, and they are ready for drying. By this process two-thirds of the ordinary labor of washing is saved; bleaching is entirely dispensed with; the clothes are much cleaner, and are less worn than by the ordinary mode of washing, and the mixture in no way damages the fabric."

Now this will be found cheap washing, according to the above statement, as all the materials will not cost more than would a sufficient quantity of simple soap. And as Mr. Twelvetree asks one dollar for this recipe, it is to be hoped that the reader will not complain of a bad bargain, even if this should be considered the only receipt in the list of any value, although the writer does not pretend that it is worth half the money. And, lest such should be the fact, I will give another.

WASHING MADE EASY.

“*To the Editor of the Massachusetts Cataract.*

“For the benefit of the *sisterhood* I wish to communicate the following receipt for a washing mixture, which I have thoroughly tested, and find it to save fully one-half of the labor of washing—to say nothing of the saving in other matters, such as ‘strained backs,’ ‘cross words,’ ‘short dinners,’ &c., so common to washing days.

“Take one pint of spirits of turpentine, one pint of alcohol, two ounces of Hartshorn, one ounce of gum Camphor—shake well together ; then, to one qt. of soft soap, add three table-spoonfuls of this mixture. Wet the clothes first, then soap them with this mixture, lay them in a tub and pour warm water on them ; let them remain half an hour or more, then squeeze them well out of the water—soap them again and put on to boil, then finish as usual by rinsing them, &c.

“I say to all housewives, try the above ; and, my word for it, you will soon consign the wash-boards and patent washing machines to the flames.

“ANNA J. L.”

To Cure Hams.—Having given hints on food, fuel, fear, and physic, and directions for cleaning teeth, teapots, and tapestry ; and recipes for making bread, ovens, and ice-houses, and as the reader may be Gentile enough, by nature and practice, to esteem nothing unclean that tastes good, I beg leave to present a borrowed hint, in relation to curing hams, hoping that I am not addressing a dyspeptic,

as all smoked meats generally disagree so much with those whose organs of digestion are impaired, that they may as well dispense with both curing and eating them.

"The Prize Ham at the last Maryland Cattle-Show."—"Mrs. Horsey's ham was cured by the following recipe. For twelve hams of common size, take eight lbs. of brown sugar, $\frac{1}{2}$ lb. crystallized saltpetre, and five lbs. fine Liverpool salt. Rub well with the mixture, and let them be a week in a cask with the skins down. Then make a brine, strong enough to bear an egg, and add two or three quarts of ley from hickory ashes, refined by boiling and skimming—cover the hams with the brine, and keep them down with a weight, and let them remain in three or four weeks. Then hang them up in a smoke-house, and, after 24 hours, smoke with hickory wood until cured, say six weeks. This ham was wrapped thickly with timothy hay before being boiled."—*The Plough, the Loom, and the Anvil.*

Since copying the above, I noticed in the "*American Artisan*," the following method of preserving this important edible.

"To Preserve Hams."—"The Southern Cultivator notices some hams exhibited at the Georgia State Fair, which were one, two, three, and four years old. The writer says the owner refused to divulge his secret, but as we have fortunately become possessed of it, we here give it. Procure some good, clean, hickory ashes, have them perfectly dry; draw your meat from the pickle on a dry day; sprinkle the ashes over the meat pretty thick, being careful not to

knock off more salt than what must fall off; then hang up your meat as high as possible; smoke it with cool smoke, made by hickory wood; be sure to take it down before the skipper-fly makes its appearance, being generally, in this climate, the first of March; pack it away on a dry day in casks; first, a layer of hams in perfectly dry hickory ashes; second, a course of corn-cobs, &c., cover your cask snug and tight, and you may rest easy about your hams."

Let the meat be good, to start with, and let it be well cured, well smoked, and well cooked; and let there be withal, a sprinkling of good fresh eggs, and a few good healthy empty stomachs, and the hickory ashes and corn-cobs can be soon dispensed with.

To Preserve Fresh Meat.—Strew on the bottom of a vessel a mixture of iron-filings and flowers of sulphur. Pour over these, fresh water which has been previously boiled, to exclude the air. Immerse the meat, and it will keep for months, if the water is covered with a layer of oil half an inch thick. So says Dr. Ure, who is good authority.

To make Pot-Cheese.—Take two parts of thickened sour milk, and one part of butter-milk—heat scalding hot, then take out the curd with a skimmer and hang it up in a bag to drain. Then salt it, and moisten it with sweet cream, make it into balls, pressing them hard in the hand—and keep them in a cool place.

To Preserve Eggs.—Take new-laid eggs, and immerse them in a solution of Gum Arabic, let them dry, and pack them with the large end down, in new

ly burnt charcoal, finely pulverized, and they will keep a year. They may also be kept in good condition, and for a long time, in lime-water.

To make Jenny Lind Cake.—Take of flour and sugar each one pound, good sweet butter, half pound, four fresh eggs, thoroughly beaten, one lemon, grate in the peel, and strain in the juice, half a cup of milk in which a small lump of saleratus is dissolved. Add raisins or currants, if desired. Thoroughly incorporate the whole, and bake.

With the Nightingale's sweet voice to sharpen the appetite and aid digestion, the above cake, if well made, will probably be very acceptable to all but the dyspeptic: but we think the *condiment* will eclipse the cake. However this may be, we will not trouble the reader with any more cookery, taking it for granted that every house-wife, either has, or will of course obtain at once, the "AMERICAN LADY'S Cook Book."

To Prevent Disease.—Eat plain food—drink pure water—breathe good air—live a stirring life—retire and rise early—avoid all extremes—keep the mind cheerful—the body clean, and sufficiently clad—the conscience void of offence, and temptations at bay.

POISONS AND THEIR ANTIDOTES.

It often happens that poisons are accidentally or designedly swallowed, whose influence should be neutralized instantly. And hence the importance of being prepared to administer understandingly and promptly an antidote, if any be known.

ACIDS.

In the majority of cases of poisoning, the leading indication is *free vomiting as soon as possible*. But there are some articles whose action is so rapid that it might be fatal to wait for emetics. Such are all the powerful acids. Poisoning by the following mineral acids, Nitric Acid (Aqua Fortis), Hydrochloric Acid (Muriatic Acid), and Sulphuric Acid (Oil of Vitriol), may be treated with Magnesia, chalk, or whiting mixed with water, and swallowed immediately. After this, much treatment may be required to subdue the inflammation in the throat and stomach, which will naturally follow. Vegetable acids will be noticed when we speak of vegetable poisons.

ARSENIC.

This agent has long been used for sending man to an untimely grave. But although an active poison, which should be narrowly watched, yet its fatal effects are less rapid than those which follow the use of either of the articles above named, and less certain. A man may take at a single dose, enough to

kill a dozen men, and not be injured in the least. These large doses often operate as an *emetic*, which saves the man's life. Whenever taken in a dangerous quantity, it is important to induce instant vomiting. The *antidote* is *Hydrated Per Oxide of Iron*. But as a physician will be required, and can generally be obtained as soon as the remedy, I need not give a detail of the necessary proceedings.

CORROSIVE SUBLIMATE.

This is another active poison, which not unfrequently produces fatal effects. But it has a certain antidote; and, what is still more important, a remedy that is easily and safely administered, and almost always at hand. There is nothing better than the *white of an egg*. Take two or three and mix them with water and drink them. But it should be known that common *wheat flour* will answer the same purpose, mixed with cold water.

COPPER.

Although harmless in a metallic state, yet nearly all the compounds of copper are poisonous. And it sometimes happens that whole families are severely affected by an improper use of copper vessels; and it is frequently done by eating pickles which have been kept in such vessels to give them a rich green color. It may be well to remember that, the greener the color the *more poisonous the pickle*! It is copper in solution which enters into the cucumber that gives it the fresh green tinge. One would suppose that pickles were bad enough for the digestive organs

without being poisoned! But the eye must be gratified, let it cost what it will, as well as the palate. Whenever it is suspected that a poisonous dose of any of the compounds of copper has been taken, the antidotes for corrosive sublimate, which have been named, will be the proper remedies in such cases also.

LEAD.

The preparations of Lead, are also for the most part energetic poisons. It is well known that painters often suffer from that disease called Painter's Colic (*Colica Pictorum*), which is produced by the poisonous exhalations of Lead. As this disease comes on gradually and requires the aid of the physician, I will not trouble the reader with any remarks upon it. And especially as it is more my object to fortify him against the necessity of any medical treatment, than to present remedies and antidotes. But the remedy for poisonous doses of Lead may be either Glauber Salts (*Sulphate of Soda*), or Epsom Salts (*Sulphate of Magnesia*), or Sulphate of Potash. A double decomposition will immediately follow. For example, if Sugar of Lead (*Acetate of Lead*) be the poisonous compound, and Glauber Salts (*Sulph. of Soda*), be the antidote, the Sulphuric Acid will leave the Soda and go over to the Lead, and at the same time, the acetic acid will leave the Lead and unite with the Soda. And hence, we shall have formed in the living laboratory, Sulphate of Lead, which is insoluble, and therefore inert, and Acetate of Soda,

which is a mild laxative, and just what the patient needs.

House-keepers should bear in mind, that the glazing of ordinary brown earthen-ware contains a preparation of Lead, which is affected by acids, and consequently these vessels are unfit for milk-pans, preserve-pots, and almost every thing else.

It is often common to put shot into glass bottles, to clean them; and they are shaken about until the bottle is almost glazed with lead; and, when emptied, some of the shot frequently remain within. Now, if people would bear in mind, that shot contain *arsenic* as well as lead, perhaps they would be a little more cautious in such operations.

We will now turn our attention for a moment to *vegetable* poisons, and one of the most important and useful, if not abused is

OPIUM

Of all the poisons which are used for self-destruction, this, in its various forms, probably stands at the head of the catalogue. Strictly speaking, this article has no antidote yet discovered. The first and great thing to be done is, to get it out of the stomach, if a poisonous dose has been swallowed. In domestic practice, a dessert-spoonful of flour of mustard in a glass of water may be given at once, and vomiting promoted by tickling the throat with the end of the finger or with a feather. If the patient becomes stupid, rouse him by exercising him up and down the room between two men. Pour a steady stream of cold water from a pail or pitcher upon his head

and chest, and let it fall four or five feet. This is of great service and should never be neglected. It helps materially to rouse the patient and promotes the operation of the emetic, which it is often impossible to effect. Mustard may be applied to the legs and feet, and artificial respiration should be vigorously kept up if necessary. To effect this, make firm pressure with both hands on the front part of the chest, and remove the pressure about as frequently as we naturally breathe. Strong coffee is of some service after the patient begins to recover. But a physician should be obtained as soon as possible.

Nux Vomica, Tobacco, Henbane (*Hyoscyamus Niger*), Foxglove (*Digitalis Purpurea*), Deadly Nightshade (*Atropa Belladonna*), Common Thorn Apple (*Datura Stramonium*), Wolf's Bane (*Aconite*) Hemlock (*Conium Maculatum*), and Indian Tobacco (*Lobelia Inflata*), are all active poisons, taken in large doses, for which no antidote has been discovered. The treatment should be very much the same as the last described; except that Lobelia and Tobacco will need no emetic, as they have a powerful nauseating quality and may produce too much vomiting. After the stomach has been sufficiently evacuated, let the patient drink freely of a strong infusion of Green Tea, and use friction over the chest and spine, &c.

PRUSSIC ACID—(HYDROCYANIC ACID).

It is well known that this is one of the most energetic poisons which has yet been discovered, and

more rapidly fatal in its effects than either of the agents which have been noticed. Indeed, so prompt is its action, that patients are often supposed to be dead before any thing can be done. But this is, however, frequently more apparent than real. Its effects seem to be somewhat analogous to the effects of electricity or lightning, and the treatment which is found to be adapted to one case, is also more or less proper in the other. Pouring cold water upon the head and chest, as noticed under the head of Opium, and artificial respiration must never be neglected.

OXALIC ACID.

This agent which is found both in the animal and vegetable kingdom, is more prompt in its action on the system than any which has been noticed, except the last. Indeed, patients seldom survive an hour after taking a poisonous dose. Although so destructive in its operation, it is often kept about the house by domestics and others for cleaning brass, copper, &c. Its strong resemblance to Epsom Salts, has often led to fatal mistakes. If it were suspected, however, it is easily detected as it is intensely sour, while Salts are rather bitter. But people do not always stop to test the article which they swallow. Its antidotes are Magnesia, which is the best; also Chalk and Whiting. Mix with water and drink instantly. After this, use some bland drink, like flax-seed-tea, gum-water, slippery-elm, &c.

CARBONIC ACID GAS.

Many are suddenly, unexpectedly, and unconsciously poisoned by inhaling this gas. It frequently exists in dry wells, in caves, in mines, and other places. It is often called by miners, "*Choke damp*," and is also known by the name of "*fixed air*." To a very limited extent it is a constituent of the atmosphere; and is often evolved from the earth in large quantities; especially in volcanic countries. It is generally a product of combustion, always of respiration, and frequently of decomposition, as in fermentation, &c., and is the essential agent which distends the doughy mass, giving us light bread, whether leaven, or yeast, or sour-milk and saleratus, or any other acid and alkali be used. It is also the principal agent which gives value to the well known and highly esteemed "*Soda Water*."

One cubic yard of Marble (*Carbonate of Lime*) contains according to *Mr. De la Beche*, 16,000 cubic feet of this gas: enough to poison a regiment of men if set free in a proper place. It is an interesting fact and worthy of notice, that this agent is perfectly harmless and even healthful when taken into the stomach, and yet when inhaled in any considerable quantity will destroy life quicker than would a rifle-ball to pass through any part of your body, with very few exceptions.

This gas is heavier than the atmosphere, and consequently may remain a long time in deep cavities; and hence the danger of descending into deep

wells and caverns, where any cause has operated to set it free.

UPAS.

The celebrated "*Valley of Poison*," in Java, described by Loudon, is a spot where it escapes from the earth on a large scale. "It is a cavity of an oval form, about three quarters of a mile in circumference, and from thirty to thirty-five feet deep; filled to the height of about eighteen feet with carbonic acid gas. The bottom of it is covered with the skeletons of men and various other animals who have fallen victims to its destructive operation. If a traveller should be so unfortunate as to enter it, he cannot be sensible of his danger until too late to return. Mr. Loudon thrust a dog in; he fell in fourteen seconds. A fowl thrown in, appeared to be dead before it reached the ground!"—(*Pereira's Mat. Med. Vol. I. p. 301.*)

PRECAUTION.

To avoid the risk of suffering from this agent, all persons before they descend into low and untried places, such as dry wells, vaults, mines, brewer's vats, and all doubtful places, should first let down a *lighted candle*. If it burns brightly on the bottom, for any considerable time, you may safely enter. If it goes out, you will do well to *keep out*, until the candle says go! It will tell no lies. Neither do I say any more than is strictly true, when I affirm that if you venture and stay long, where the candle will not burn, you don't come out alive without help!

And if any man descends to help you out, he will probably stay there too!

WORSE THAN VIPERS.

Let it be borne in mind, that not a few cease to breathe under the influence of this treacherous poison, while they never suspect their danger, by burning charcoal in their sleeping apartments in cold weather. A man had better sleep in a den of *vipers*. It is far enough from being safe when one is *awake*, and perfectly aware of its effects. A case to the point which once happened in a certain town, and which was known to the writer, I beg leave to present, as an illustration of the fact which I wish to enforce.

A WARNING VOICE.

A man who was a mason by trade, had in his house, in which he lived, an unfinished room, which he undertook to lath and plaster in very cold weather. Having neither fireplace nor stove in said room, he took in a kettle of ignited charcoal to keep the walls from freezing. He was perfectly aware that the consequences of remaining long in the room might be serious, yet he thought he could safely work on, till he felt some unpleasant symptom. On the approach of the first unusual sensation, he started for the door, but fell senseless on the floor before he reached it, and would have been a dead man in less than five minutes, if his family had not heard him fall, and rushed in and dragged him out.

TREATMENT.

Nothing can be done to any advantage, in a case of poisoning from this gas, unless it is done quickly. Yet it has happened that valuable lives might have been saved, if the proper means for resuscitation had been used. The same thing may happen again. The first thing to be done after bringing the patient into good air, is, to pour cold water on his head and chest, as before described, and keep up artificial respiration until the patient revives, or hope dies.

SUFFOCATION OR STRANGULATION.

In all cases of suspended respiration, whether from hanging, drowning, or any cause whatsoever, which prevents the air from passing to and from the lungs, very much the same effects are produced, as those above noticed. The latter persons may with as much propriety be said to be poisoned, as the former, and need the same treatment. It will be remembered that this poisonous gas is a product of *respiration*, and is the same deadly agent in essence, as that found in the fumes of burning charcoal, and when sufficiently accumulated, will produce the same results.

IMPORTANT CHANGE.

The blood, which is the circulating medium of all nourishment to the body, undergoes a two-fold and vitally important change as it passes through the lungs, at every breath.

It is there changed from venous or black blood,

to arterial or red blood, by giving off a portion of carbon, and receiving an equal amount of oxygen. Hence, whatever suspends the function of respiration, prevents the escape of this carbonic acid, which remains in the blood, and acts upon the brain like a narcotic poison; so that we may say when a man cannot breathe, he is poisoned from *within*—and when he inhales impure air, he is poisoned from *without*. In either case, the treatment is very much the same, except that a drowned man will not need the cold douche. He has had too much of that already. Therefore give him artificial *heat* as soon as possible, to promote the circulation of the blood, and artificial *respiration* to promote the purification of that fluid.

MISTAKEN VIEW.

But away with that miserable practice of rolling and tumbling the patient about on barrels and tubs. But it is said that this must be done “to get the water out of him.” Let the water alone, after you pull the man out of it, and wipe him dry. The man is poisoned! Not by *water*, but by one of the constituents of the atmosphere. Therefore drive out the bad air, and drive in the good, as fast as possible, until the man is able to breathe without your help, and then he will take care of the water himself, and probably keep out of it next time, if he can.

POISONING FROM DECOMPOSITION.

Most of the diseases which affect our race, may with great propriety be said to be only the effects

of *poisoning*. If a man has Small Pox, Mumps, Measles, Scrofula, Consumption, Dysentery, Cholera, Plague—Typhus, Yellow, Scarlet, or any other fever, he has been poisoned. Some are poisoned by the food they eat, others by the water they drink; but more by the air they breathe. I have spoken of the importance of pure air in another place.—(See *Vent*.) I wish here to say a word respecting the danger and disastrous consequences which may and do arise from the decomposition of a few simple vegetables in our dwellings.

A striking and melancholy illustration of the doctrine now under consideration is found in a case which happened a few years since in one of our country towns.

LOOK WELL TO YOUR CELLAR.

A physician was called to see a patient who appeared to be prostrated with a fever of no ordinary malignancy. He failed not to bring into requisition every remedy which the case seemed to indicate. And with the utmost solicitude and care did he exert himself to stay the ravages of the disease. But all in vain.

The physician who spent his life to lengthen out the lives of others (a fact not half appreciated by the community), was in pain to know the cause of such a terrible calamity. And as there was no disease in the neighborhood that resembled it, and being a man of common sense, he naturally suspected that there was some hidden manufactory of death about the premises. But on making inquiry, was told

that all was right, and for a time, the case remained a mystery. Soon however, one and another were stricken down, producing the most alarming apprehensions, and threatening the destruction of the entire household. The medical gentleman now determined to search the premises from top to bottom, as for a deadly viper, and with candle in hand commenced in the cellar, (the most suspicious spot,) and there he soon found stowed away in some dark corner, a few *rotten potatoes!* On removing these and ventilating the house, the survivors escaped the jaws of death.

BE NOT DECEIVED.

Before dismissing this subject, I would remark, that in all cases of Epidemics, no matter what the disease, nor what the pestiferous agent; it becomes doubly important that every dwelling should be kept as pure as possible; for with an infected air *without*, and a poisoned air *within*, we can hardly expect to escape sudden destruction.

ALWAYS NEEDFUL.

But let none suppose that because it is a general time of *health*, no caution in this respect is needful. A greater error could not well exist. What! is it not just as bad to rush madly into the jaws of death at a time of great salubrity, as to become a victim of some terrible pestilence?

VEGETABLE WORSE THAN ANIMAL POISON.

What sighs and sufferings, what tears and groans, what agony and death, might have been prevented, if, in the case above, the physician had early pointed out the enemy and his warning had been fully heeded. But had he thus fully exposed the pestilential agent, such is the tendency to indifference, and incredulity, that, ten chances to one, if he had not been forgotten in two hours, or his warning voice considered more as the offspring of superstition than the fruits of scientific investigation, and a sincere regard for the welfare of his fellow-men. What say you, reader, will you ever drive from your dwelling, a single rotten potatoe in consequence of this hint? If not, remember, still that I tell you one thing, that *you have more to fear from a peck of vegetables in a state of decomposition in an ill-ventilated apartment, than from the rotten carcase of the largest Elephant on the face of the earth.*

The subject of poisons, being full of interest, demands a much more perfect examination than the limits of this work will admit. The eye poisons some. The hand poisons others. But the *palate and the pocket* poisons more than all. One man *assumes* the right to poison himself and others. And another is *licensed* to poison a whole nation at once. The remedy for those who scatter the bane, is a *good conscience*. The antidote for those who are exposed to its destructive influence, *total abstinence*. And for those who legalize it, a little more *common sense*.

MENTAL POISON.

Under this head might be presented many forms and phases of mental poisoning of great interest and importance ; bringing to light the banè, portraying the disastrous effects ; and proclaiming the safe and proper antidote. But on this point, the writer begs leave to say little ; for the time has not yet come, when the multitude will endure sound doctrine. Nevertheless, a disordered imagination may work out both *good* and *bad* results *physically*.

PERKINISM.

To illustrate the truth of the former result, I will for a moment call the attention of the reader to "*Perkinism*." The influence of this wonderful discovery, may be regarded as a pretty fair type of that which is produced by the introduction of other *modern-isms* and *model-knockings*."

Although an indigenous plant, yet in the fertile soil of a disordered imagination, it flourished for a time in other climes. Professor Dunglison in his "*Physiology*," gives a brief and interesting sketch of its marvelous history as follows :—

"Perkinism, it is well known, is the product of our own soil. Its proposer, Dr. Elisha Perkins of Connecticut, is represented to have been a man of strict honor and integrity ; but manifestly of an ardent" (better said disordered) "imagination, and unbounded credulity. Impressed with the idea that metallic substances might exert some agency on the muscles and

nerves of animals, and be inservient to useful purposes as external agents, in the treatment of disease, he professed to institute various experiments until he ultimately fancied he had discovered a composition, which would serve his purpose, and of which he formed his '*Metallic Tractors*.'

"These consisted of two instruments; one having the appearance of steel, and the other of brass. They were about three inches long, and pointed at one extremity; and the mode of their application was to draw the points over the affected parts, in a downward direction, for about twenty-five minutes each time. The effects seemed to be miraculous. The whole class of diseases on which the imagination is known to exert its efficacy; rheumatism; local pains of various kinds, and in various parts; paroxysms of intermittents, &c. &c., yielded as if by magic. The operation was termed *Perkinism*, by the Faculty of Copenhagan, in honor of the discoverer; and institutions were formed in Great Britain, and elsewhere, which were, for a time, regarded as sources for the dispensation of health to multitudes of wretched sufferers.

"Yet in a very brief space of time, the enthusiasm and the institutions died away; and no one at the present day believes that the effect was any thing more than an additional case showing the success that must ever follow for a time, the efforts of quackery; and exhibiting the total failure of the same agents when deprived of the mystery that had previously enthralled them." Pity that their credulity was ever disturbed.

“ While the delusion regarding Perkinism or ‘*Tracto·ation*’ was at its height, DR. HAYGARTH, determined to ascertain how far the effects could be ascribed to the power of the imagination. He accordingly formed pieces of wood into the shape of Tractors, and with much assumed pomp and ceremony, applied them to a number of sick persons who had been previously prepared to expect something extraordinary. He not only employed them in nervous diseases, but in all kinds of cases ; and the effects were found to be most astonishing. Obstinate pains of the limbs were suddenly cured. Joints that had long been immovable, were restored to motion, and, in short, says DR. BOSTOCK, except the renewal of lost parts, or the change of mechanical structure, nothing seemed beyond their power to accomplish.”

DISASTROUS INNOVATION.

Although here is a statement of undeniable facts, yet I hope the reader will be so good as not to ask me whether I suppose that the doctor was ever as successful in the administration of remedies *internally*, however potent. Don't be too inquisitive. At any rate, it would seem that a disordered imagination had a most happy effect on the body, and it is a pity that Dr. Haygarth ever thought of venturing upon an innovation.

CHOKED BY FANCY, CURED BY RIDICULE.

“ A lady once fancied that she had stricture of the *æso·phagus*,” (partial closure of the pipe leading to the stomach,) “ which rendered it very difficult for her

to swallow her food. The difficulty went on, increasing from day to day, until she was altogether unable to swallow any solid food, and was obliged to confine herself to broths and other liquid nourishment. In process of time, the stricture became so close that she could swallow nothing but water, and even that with the greatest difficulty. She had of course become greatly emaciated for want of nourishment, and she almost despaired of her life. Every physician of the neighborhood had been consulted. Some ridiculed her complaint as being entirely imaginary. Others had proposed various plans of treatment which she had faithfully followed, but they were all ineffectual. At last she had an opportunity of consulting a physician of great eminence, and in whom she was led to place implicit confidence. She told him that she was entirely well in every respect but in the closure of her throat; and if it were possible to find any nutritive substance as thin as water, or thinner than water, so that she could swallow it, she thought she might ultimately recover. If not, she must infallibly die of starvation. The doctor, after a moment's deliberation, told her that he thought he could propose a kind of food which would be exactly suited to her case. The directions were given as follows :

IMPORTANT PRESCRIPTION.

“Take a large kettle which holds at least ten gallons; fill it brim-full of water, and hang it over the fire in such a position that the rays of the sun entering at the window may fall upon the surface of the water. Then hang in the window a lean, starved

crow, so that the shadow may fall on the water in the kettle. Boil for four hours and make soup of the shadow. The lady immediately burst into a loud fit of immoderate laughter, called for a beef steak, which she ate with avidity, and was no more troubled with stricture of the *æso-phagus* !”

Another case which I now present, to show physical effect from mental agency, more fully prevents the supposition of deception on the part of the patient, than either of those which have been named.

NOVEL SURGERY.

“Doctor Warren of Boston,” says a writer, “relates the case of a lady who had a tumor of the glands of the neck, of the size of an egg, which had lasted two years, and had resisted all the efforts for its removal, so that an operation was proposed. To this the patient objected, but asked whether it would be safe to make an application which had been recommended to her, viz.: touching the part three times with a dead man’s hand. Dr. W. assured her that she might make the trial without apprehending any serious consequences. After a time, she again presented herself, and, smiling, informing him that she had used this remedy, and no other, and on examining the part, he found the tumor had disappeared.”

A LITTLE DEFICIENT.

Well, doctor, we never for a moment doubted your veracity; and as to your surgical skill, almost all the civilized world knows that it is not surpassed.

Still, we cannot help calling to mind that Solomon says, "A living dog, is better than a dead lion." So we can hardly avoid the conclusion that the hand of a living surgeon ought to be more successful in removing tumors from a living body, than a hand from the grave-yard. Such, we hope will be the good fortune in future, of all those who practice the healing art, lest some novel practitioner should take the palm, by advising the sick to consult *ghosts*, instead of doctors!

With the opposite effect, or the unhappy influence of great mental depression, almost every one is familiar. Many examples might be given, but it is considered unnecessary.

VENTILATION.

Pure air, is so indispensable to health, that no wonder there are so many pale, sickly, ghastly, faces ; flabby, crooked, rickety bodies ; crazy, dreamy, fidgety intellects ; wretched, crippled, ruined constitutions. When we see how people live, both in the lower and higher classes ; we naturally conclude that doctors, apothecaries, and undertakers, will not be likely to complain for want of business. Some smother themselves by day, and others by night. Many when they retire, shut up their lodging-rooms as they did in old times to shut out the witches, lest they enter through the cracks. But *modern* witches are far more likely to enter from *want of cracks*. The size of the room, however, modifies the necessity for a free opening. Some fancy that if a room has a door open, or a window raised, one hour in twenty-four, it is thoroughly ventilated. A sad mistake ! No room can be said to be well ventilated, which has not a provision for a continued circulation of air, by night and by day.

The great cry against basements, on the score of *dampness*, is half of it moonshine. They may be too damp, and often are, in summer. And why ? Mainly because they lack ventilation. But when this is the case, the moisture of the air is by no means its worst quality. Let there be a sufficient circulation throughout our entire basements to give us a *pure* atmosphere, and if the moisture remains as great as ever, we shall not have much cause to complain. Of course I have reference to dwellings

built upon soil, free from water. Moreover the air, instead of being too damp, in ordinary basements during the *winter*, is too *dry* in every room that has a fire. Every man can easily satisfy himself with a few moment's investigation, that the drying power of the air in cold weather is really greater in his basement (where artificial heat is introduced,) than it is out of doors. Are not seamen and fishermen a healthy class of men? And do we not even send those who are already sick, to sea—nay, those who are almost given up to die, that they may regain their health? And do they not have by day and by night, the mighty deep beneath them, the ever-rolling waves around them, and the spray and humid atmosphere above them? Now if a little dampness of the air is so bad a thing as many contend that it is, why do they not all die? The truth is, they get pure air, whether wet or dry, (especially if they go much upon deck,) and that is just what we all want, and for which we earnestly contend while we battle *stagnation*, and let moisture alone, or rather take measures to obtain more instead of less, as the air in our entire dwellings is altogether too dry for health during cold weather, as I shall soon attempt to show.

But beware of an *ill-ventilated dwelling*, and shun it as you would a den of vipers; for the deadly fumes of such an abode, which flap their silent wings about your senseless nostrils, are far more to be feared than all the ancient plagues of Egypt, and “fiery flying serpents” of the wilderness!

Much is said of late against small bed-rooms, as being far less healthful than *large* rooms. This is often true. And why? Simply because the vitally important subject of ventilation is too often overlooked, to the peril of those who lodge therein. A room sixteen feet square is of course preferable to one half the size, because it is much more convenient, but let those who do not find it convenient to occupy such capacious apartments as they may desire, remember this, for it is a fact of practical importance, that they may make their little seven-by-nine bed-room as healthful as if it were large enough for a church, if they will. If nothing is done to secure a free circulation, then of course a man might almost as well take up lodgings in a molasses hogshead. Under such circumstances the large room has the advantage most decidedly; because it may perhaps contain air enough to supply the sleeper through the night.

But it will be remembered that the air in any room, no matter how large, is no purer, to say the least, than the air without; and generally far less so: and consequently *a small apartment supplied afresh, is preferable to a large one, with the air half stagnant.* Now if a man can breathe tolerably well through a *rye-straw*, it is a pity, if with a suitable provision, he cannot draw a plentiful supply from a salubrious atmosphere without, notwithstanding he occupies a small room. Some people bar and bolt their doors against fresh air without, as if every breeze was a thief, while they cherish robbers and thieves *within*.

Now, although I do not intend to drive any one

to extremes, yet a man had better sleep with his head out of one window, and his feet out of another, than in a *poisoned atmosphere*.

The truth is, earth herself has not a room large enough for a single individual to inhabit, with an immunity from stagnation, without her system of ventilation by whirlwinds and refrigerants.

And not only should every man imitate nature, and provide means for a free circulation through his entire dwelling, in which he spends at least one-third of his entire life, but those who build cities and towns, should lay out the streets in reference to ventilation, as well as to other important objects. Long, straight streets running through an entire city, have the advantage of those which are short and curved.

Now if any man considers this a matter of mere fancy, touching the importance of a sufficient circulation through our streets, or supposes that I have given this hint to add another page to the volume, let him go into any narrow confined street about twelve o'clock in dog-days, and *take one good long snuff*, and he will probably come to the conclusion that it is not extravagantly ventilated.

Let our motto be, *pure air, and plenty of it*.

Before dismissing the subject of Ventilation, I beg leave to quote a few paragraphs from "*A Practical Treatise on Ventilation, by Morrill Wyman, M. D.*," one of the best works on this subject ever published. And first, to show the value of Ventilation, as illustrated by an interesting experiment, he observes—

"In a weaving-mill near Manchester, where the ventilation was bad, the proprietor caused a fan to be

mounted. The consequence soon became apparent in a curious manner. The operatives, little remarkable for olfactory refinement, instead of thanking their employer for his attention to their comfort and health, made a formal complaint to him that the ventilator had increased their appetite, and therefore entitled them to a corresponding increase of wages! By stopping the fan a part of the day the ventilation and voracity of the establishment were brought to a medium standard, and complaints ceased. The operatives' wages would but just support them; any additional demands by their stomachs could only be answered by draughts upon their backs which were by no means in a condition to answer them."

Now while we are proud of our productions and privileges, let us thank a bountiful Providence for giving us a land that will not *starve* us into stagnation!

"Dr. Arnott relates a case of some lace-makers in Buckinghamshire, who, to the number of twenty or thirty, assembled in a small room in winter, and kept themselves warm by their breaths, that they might save fuel. The odor of the room, although unperceived by themselves, soon became to a stranger exceedingly offensive. They became pale, their health was broken, and some of them died. Although the cause of these results was so obvious to a well-informed observer, it was difficult to convince them of their folly."

Yes, let us also think more than ever of our country, that it does not even *freeze* us into stagnation.

“A free change of air is one of the best preventives of taking *cold*, as it is called. When all the crevices are carefully closed, and the atmosphere becomes stagnant, we become susceptible to very slight changes, against which we cannot always guard. To protect ourselves from their injurious effects, experience has shown that the frequent renewal of the air is exceedingly important: and the more we accustom ourselves to it, the less susceptible do we become.”

This explains the reason why our mothers, at least our grand-mothers, were not such nervous, puny, fidgety shadows, as their descendants at the present day claim to be. They inhaled the pure undiluted atmosphere, which their open, airy houses, with cracks large enough to let the birds fly through, and mammoth chimneys abundantly furnished. Although it may not be good policy to ventilate our habitations in a similar way, yet *ventilation* or *suffocation* we must have; and not a few choose the latter, to save the expense of a little extra fuel.

Does any one say, I cannot afford to have a stream of pure air in cold weather, constantly rushing into my dwelling, while the warm air escapes? Then let me ask, can you afford to *die*? Settle this question first. But, if you should find that you have nothing more to do or suffer—nothing more to gain or shun—nothing more for which to live or die; still the question returns, what right have you to shut out this vital agent, and poison the fountain of animal life with your own hand?

“Experiments have been made in a room prepared expressly for the purpose upon many persons, varying in number at each experiment, from three to two hundred and thirty-four, of every variety of constitution, and in the House of Commons every day of the Session for two years, and the results show that it was rare to meet with a person who was not sensible of the deterioration of the air when supplied with less than ten cubic feet per minute. In sultry weather it was always found that from twenty to sixty cubic feet were required to sustain a refreshing and agreeable atmosphere, when no artificial refrigeration was employed; and in the House of Commons, for three weeks successively, each member was supplied with sixty cubic feet per minute.

“If we consider for a moment, that the lungs at each expiration are expelling a fluid, four per cent. of which is a deadly poison, tending rapidly to diffuse itself in the atmosphere: that this same poison is constantly exhaling from our skins; that these organs, too, are yielding a quantity (twenty grains per minute) of aqueous vapor, increasing with the temperature; we shall not be surprised, that in an ordinary ventilated room, we miss that refreshing influence a free and adequate supply of air alone can give.

“We would not have it supposed that in our private houses, ten cubic feet of fresh air per minute should enter the room for each person in it. As we have just remarked, these rooms are not constantly occupied; they sometimes contain several thousand cubic feet, besides what must unavoidably

enter on opening the doors or through the various crevices about the doors and windows.

“In ventilating dwelling-houses, it is to be observed,—

1st.—“That each room, fifteen feet square, for the accommodation of six or eight individuals, should have a flue for the escape of foul air, either in the chimney or elsewhere, of at least one hundred inches area. A bed-room should have an outlet of nearly the same dimensions.

2nd.—“An inlet for fresh air should be provided for each room and bed-room.

3rd.—“That fresh air in winter should always be moderately warmed before it is introduced into apartments.

4th.—“That all apertures for the admission or exit of air should be provided with valves.

5th.—“In summer nearly all the ventilation will be produced by the opening of doors and windows.”

“In apartments warmed by an open fire, the smoke-flue should be considered as the ventilating-flue.” In such rooms as have no fire-places, other provision, should be made, and, for all practical purposes, the upper sash (where both are moveable) may be let down a very little from the top. But in a cold frosty night, I think the reader will hardly tolerate an opening three inches wide, which in an ordinary window would give about the above named area, viz., one hundred inches. Nay, a crack half an inch will be abundantly sufficient under such circumstances, with an adequate opening under the bottom of the door, or some other suitable place for the ad-

mission of fresh air. But in warm weather, the case will be entirely different.

As to warming the air before it is introduced into the several apartments in our dwellings, it will frequently be inconvenient. Those who warm their houses with heated air from furnaces, can do it very effectually. The same excellent work speaks of accomplishing the same thing to some extent, where an ordinary fire is used, by having a double back to the fire-place, with an air chamber between the two, communicating with the room, to be warmed and supplied with air from without. This, I believe, if properly constructed, is an excellent arrangement; for it will not only modify the temperature and thus prevent an unpleasant draught of cold air in the room, but will actually conduct more heat, than will radiate from the back of an ordinary fire-place. He also speaks of doing very much the same thing where stoves are used, by having air-pipes pass through them, &c. &c.

But as I designed the few brief remarks which I proposed to offer on the subject of ventilation, merely to stimulate the reader to open his mouth a little wider, and breathe a little faster, or at least a better atmosphere, I will leave him to do it in his own way, and on his own hook; while I proceed to redeem my pledge, touching the *hygromeric* state of the air in our dwellings in cold weather, and notice the deficiency of moisture both within and without, throughout all cold countries.

IMPORTANCE OF ARTIFICIAL MOISTURE.

Many complain of stoves on account of their diminishing the moisture in the air. This is altogether a wrong conclusion, unless they mean that *warm air* is more drying than cold air. This we admit, and if they raise the temperature 10° higher when they burn their fuel in a stove, than when they use an open fire-place, the drying power is of course 10° greater, and this increased *temperature* constitutes all the difference, whatever be the source of caloric. Others lay great stress on *fuel*, as though certain combustibles have a tendency to modify the dryness of the air, no matter where they are consumed. This is another erroneous opinion, for there is no difference in combustibles, in this respect, except that which has already been pointed out in speaking of the influence of stoves.

That the air is too dry, we frankly admit. But the difficulty begins without. *It is too dry before it enters our dwellings.* It has all the moisture after it enters your abode that it had before, and might contain far more within a red hot stove, than it is possible for it to contain in the centre of an iceberg. So that neither the stove, grate, furnace, nor fuel affect the actual moisture in the air in the slightest degree, and only modify the drying power of the atmosphere as its temperature is increased or diminished. Let there be as much moisture in the air, in winter, as it sometimes contains in summer, and we may have anthracite in our grates, turpentine in our

furnaces, and brimstone in our stoves, and yet if it is not too warm for comfort, we shall see the water trickling down our walls, and our sheets damp enough for Priessnitz, and all his followers. But this can never occur in cold weather without artificial vapor.

When cool weather first begins in the fall, we are very apt to suppose the air to be more damp than it was in summer ; whereas it always contains less moisture, instead of more, and the deficiency continually increases as the temperature becomes lower. Yet, so far as certain effects are concerned, it may be said to be as damp as at other seasons, when twice as much moisture is present. We must always bear in mind that *the capacity of the air for moisture is in proportion to its temperature.*

This is illustrated in the case of fog, which occurs in the region of large bodies of water, when the atmosphere becomes suddenly cooler than the water, and is most frequent early in the fall, during the night. The atmosphere at a given temperature can hold a given amount of insensible vapor, and no more ; so that if the equilibrium be disturbed by an increase of vapor, or a deficiency of caloric, the result is the same. The excess falls to the earth in dew, fog, rain, snow, &c.

Now, suppose the temperature of the river to be 50° , and that of the air but 40° , it will be easy to see that with such a degree of heat, the water will throw off more vapor than the atmosphere can hold, and the consequence is, a portion is necessarily condensed. The same effect is produced in boiling the

tea-kettle. The instant that the vapor rushes out into an atmosphere below 212° (Fah.) it becomes condensed. But let the same amount of steam pass into a red hot flame, and it will appear as if there were no moisture there. And yet it is there, and not a particle of it destroyed, and if after passing through the flame it be conducted through a pipe surrounded with ice-water, the fluid will quickly appear.

That point where the moisture of the air first becomes visible, is called the "*dew-point*," and is generally several degrees below the temperature, whatever that may be, and never above it. Consequently, whenever the temperature is down to freezing point (32°), we know at once that the amount of moisture in the air must be small. It occasionally happens that the temperature and the dew-point meet at the same degree, and the air is then said to be *saturated*. At such a time all evaporation ceases from all wet substances, no matter what the temperature may be, whether it is as cold as Greenland, or as hot as an oven.

But fortunately for us, this seldom continues long. And as the dew-point is usually below the temperature, no matter how cold, evaporation still continues, and wet clothes hung out in a cold day, will frequently dry as quickly as in a suffocating atmosphere of "dog-days." It is well known that ice evaporates, and it is said in the work on Ventilation, to which I have already alluded, that an acre of snow exposed to a smart breeze, will lose in "one night about one thousand gallons of water." But I

think the air thus sweeping over the snow, would require to be pretty dry to produce such a result.

Now, to satisfy the reader that the air in cold weather, in our climate, is altogether too dry for health, I will briefly advert to a small part of the testimony which might be brought to bear upon this point. But how much drying power should the air which we breathe possess? In other words, what is a healthful standard of humidity? I believe this question has never been perfectly settled, neither has it received the attention which it deserves.

The climate of Washington is generally considered salubrious; and in the year 1840, during the months of June, July, August, and September, from 9, A. M. to 3, P. M., the average temperature and dew-point were found to be as follows:—Temperature, 74° , dew-point, 68° ; difference, or drying-power only 6° .* This we may consider a very high dew-point, and probably exceeds the record of any other year, if not of every other place in our country.

But I am not aware that this was a sickly season at Washington, and as I have statistics before me which show conclusively that this very year at Baltimore, a distance of only thirty-eight miles from the former place, was more healthful than any year from 1836 to 1848, I suppose that I shall hardly be considered extravagant when I fix the standard at 18° . This would be giving the air three times the

* The within mode of expressing the drying power of the air, has been adopted, supposing that the general reader would understand it better than one more strictly scientific.

drying power that it possessed in Washington. And will any one contend that it should have more?

Now we see that nature warmed up the atmosphere to 74° , and raised the dew-point to 68° , making the difference but 6° , and if we raise the temperature in our dwellings in winter to 70° , and do not raise the dew-point to at least 50° , one would be inclined to suppose that we either do not wish to imitate nature, or that we do not know how.

But I hesitate not to say, that not a single dwelling can be found in this city, (New-York,) and I will include all our sister cities at the North, that has such an atmosphere in winter. And we suffer in consequence of it.

Why are the English people so proverbial for their plump bodies and ruddy faces?

Very much because they are not *Kiln-dried*! I have no doubt that the favorable hygrometric state of their atmosphere in winter, contributes largely to their advantage over us poor withered Yankees. And if we would avoid a dry hacking cough, an irritable nervous system, deranged secretions, constant head-ache, torpid bowels, morbid appetite, and fretful temper, we must make up by artificial evaporation, the moisture naturally lacking in our wintry atmosphere. Otherwise we must be content to wear a dry skin, rough enough for a nutmeg-grater, over a real living, lank, *American Mummy*!

But what is the difference in favor of England, perhaps the reader may ask? The mean dew-point in England from the first of November to the last of

March is about 35° . Whereas, in our Northern States, taking Albany for a type, it is about 17° .

Now we must bear in mind, that as we increase the temperature of the air, we increase its affinity for moisture. The dew-point in London, being 35° , and the temperature of their houses, being 70° , would give them even an atmosphere of great drying power, but how would it stand at Albany? Instead of being 6° as in the summer of 1840 at Washington, or even 35° as found in England, we perceive it to be 53° !

Now we can hardly expect so great a contrast, without unpleasant effects. These we *see* and *feel*. We see it in the warping, shrinking, and cracking of our furniture, and in its shrivelling, withering influence on our green-house plants. It will be remembered, that our furniture always suffers most in winter, and its injury is usually attributed to heat. Whereas, the temperature is always higher in the summer. Our own sensations, to which I have already hinted, also bear testimony to the excessive drying power of the air in our dwellings during the cold season.

When the dew-point is above 32° , it is very easy to ascertain the hygrometric condition of the air in a very few minutes with a glass of water, a little ice, and a thermometer. Add the ice, a little at a time, and carefully watch for the first appearance of dew on the outside of the glass, and when this is visible, look at your thermometer which must be in the water, and the dew-point will be obvious.

But when you have no provision for artificial moisture within, and with a temperature below freez-

ing point without, your glass of ice-water may stand on your table from morning till night, and remain on the outside as dry as a tinder-box. In other words, you will find the dew-point in your parlor, nay in your oven, *red hot*, just where it is in the street ; and when it freezes without, and you have a temperature of 70° within, you may always know, without any hygrometer, that the drying power is 40° or 50° , which is more than twice as much as it should be for health and comfort.

I have been more particular to explain this matter, because of an erroneous opinion which has long prevailed, and among many too who ought to know better.

EVAPORATOR.

The question may now be asked, how shall we modify the air in our apartments, to a healthful standard of humidity, while it is too dry without ? This is indeed a subject of more importance than many seem willing to believe. And I would invite the man who is at all skeptical, to visit a well-constructed *Green-House*, if convenient for him to do so, and there spend an hour or two on a cold day in mid-winter, in the refreshing, balmy air of such a delightful resort. It is sometimes said that the peculiarly agreeable state of the atmosphere in such a place, is all owing to an extra supply of oxygen which the plants throw off in breathing. But it is easy for any one to satisfy himself that this is a mistake, by visiting said place in the evening ; for it is well

known that plants then absorb oxygen and exhale carbonic acid gas.

To render the air agreeable, we are often directed to put some metallic vessel containing water upon the top of a stove. But this does not amount to a drop in the bucket. I have an evaporator attached to my office stove, viz.—a copper boiler which reaches down into the stove about four inches. This will evaporate from two to three gallons per day, when the weather is sufficiently cold to require a brisk fire. And yet, with all this evaporation for a single room, I have found the dew-point at 40° when the temperature without was only down to the freezing point. This gave me the drying power of 30° , the temperature within being 70° , and without this artificial moisture, it would probably have been 50° .

An apparatus better calculated to effect the desired object than a pan set upon the top of a stove, is, an evaporator which is now usually attached to a furnace. Still, this generally comes short of meeting the demand, though it might easily be so constructed as to give us the bland atmosphere of June.

The difficulty, however, lies in the fact, that the public is not aware of more than half the truth on this important subject. The amount of artificial moisture required, will be modified by the state of the atmosphere without, as it contains much more moisture in a mild day, than when the temperature is low, and varies more or less while the thermometer is stationary; and in places situated near large bodies of water, the direction of the wind has

an important influence in modifying the humidity of the atmosphere.

Should any one be fearful of having too much moisture, the question is easily settled. Turn your eye to the window, and if it is cold enough without to freeze, and you have half as much moisture within as you ought to have, you will see it coming down on the glass in showers, unless you have double windows, just what every body should have. When you see no such effect produced on the glass of single windows, at any time when it is cold enough to have a brisk fire, *put on the steam*. I need not tell you how to do this, for it can hardly be expected, that in this steaming age, artists have not tact enough to give you a little vapor.

Don't let them cheat you out of it!

LONGEVITY.

Most men when about to make choice of a vocation for life, either for themselves, or for their sons, keep prominently before the mind two questions, viz.: In pursuing this business, will it command honor and respect, and, above all, *will it lead to wealth?*

But more important questions than these, can and should be settled first. *What will be the probabilities of health and life, of happiness and usefulness in prosecuting this calling?* Here are weighty considerations which should be carefully revolved in every parent's mind. In importance they infinitely transcend all possible success in getting gold.

It should never be forgotten, that a man's occupation affects him more or less, *physically, mentally, and morally*. But its effects upon the body and the mind, may be more appropriately noticed on the present occasion, yet, as has already been shown, even *morals* have more influence over health than many seem to suppose.

But it may be said, that all the important avocations of life must be sustained and filled, though some are less healthful than others, both to body and mind. This is true, but it does not follow that parents should crowd their sons into such professions and pursuits, as are known to be more prejudicial to health than many others, simply because such pursuits are considered *honorable*, while, at the same time, these posts are already occupied by more men than can thus earn their bread. This very circum-

stance is sufficient to render the pursuit insalubrious. But, after all, is it more honorable to wield a *lancet*, than to swing an *axe*—to tie an *artery*, than to build an *engine*—to prepare a *brief*, than to prevent a *famine*,—to secure the acquittal of a *villain*, than to construct a *prison* for the safety of the innocent?

Although the opinion that the human constitution formerly possessed more vigor than it does at the present day, generally prevails, and may to some extent be correct, yet the chances now for life, contrast so favorably with centuries past, that it is interesting to compare the bills of mortality of different periods. Accordingly I have thought proper to collect a few brief statistics, hoping to interest the reader, while the writer is happy to acknowledge his indebtedness to Drs. A. W. White, City Inspector, J. M. Smith and H. D. Bulkley, of New-York; C. W. Parsons, Providence, R. I.; G. Emerson, Philadelphia, Pa.; and C. B. Coventry, Utica, N. Y. for their kind assistance.

“Without going back to more ancient periods, we may affirm, that within the last century particularly, the value of life has gone on progressively, and rapidly improving. The experience of the United States would, we are satisfied, exhibit the truth of this assertion, were the requisite data attainable.”—(*Dunglison's Human Health*, p. 117.)

Some facts may be presented to show that the Professor's opinion, in relation to our own country, is not strictly correct, as respects certain locations. But we are greatly in want of information respecting the proportion of deaths throughout the United States. The state of Massachusetts has thus far taken the lead

in this important matter. In the old world, however, more has been done to collect statistics, and the changes in favor of longevity in many parts are of the most gratifying character. The writer, just quoted, says, "The annual mortality of London in 1700, was 1 in 25; in 1751, 1 in 21; in 1801, and the four years preceding, 1 in 35; in 1811, 1 in 38; in 1821, 1 in 40:—the value of life having doubled in London within the last eighty years.

"In Paris, about the middle of the last century, the mortality was 1 in 25; a few years ago, about 1 in 32; and it has been estimated that in the fourteenth century it was 1 in 16 or 17."

"At Geneva, good bills of mortality have been kept since 1549, and the results are in the highest degree gratifying to the philanthropist. It seems, that at the time of the reformation, half the children born, did not reach six years of age. In the seventeenth century the probability of life was about $11\frac{1}{2}$ years; in the eighteenth century it increased to above twenty-seven years. The probability of life to a citizen of Geneva has consequently become five times greater in the space of about three hundred years."

The following table, says Dr. Dunglison, has been formed by Mr. Edward Maltet, from the Genevese Registers :—

Probabilities of life, were to every individual born towards the close of the

| | YEARS. | MONTHS. | DAYS. |
|---------------|--------|---------|-------|
| 16th Century, | 8 | 7 | 26 |
| 17th “ | 13 | 3 | 16 |
| 1701 to 1750, | 27 | 9 | 13 |
| 1750 to 1800, | 31 | 3 | 5 |
| 1800 to 1813, | 40 | 8 | 0 |
| 1814 to 1833, | 45 | 0 | 29 |

From this gratifying representation, the reader will almost expect the days of “*Methuselah*” to return, but eight years later, the same writer has put down the probabilities of life at forty-three instead of forty-five years in Geneva. Let us now turn our attention for a moment to our own country. In a very valuable paper by Dr. J. Curtis, published in the “*Transactions of the American Medical Association*,” we find the average age of all whose deaths are recorded in the following places to be as follows:—

| | | | | | |
|---------------------------------|-------------------|--------------------------------|---|---|----------|
| | | { 1842, 34 years and 9 months. | | | |
| <i>Massachusetts</i> , (State,) | | { 1843, 33 “ “ 10 “ | | | |
| | | { 1844, 33 “ “ 9 “ | | | |
| | | { 1845, 30 “ “ 9 “ | | | |
| Concord, N. H., | 1779 to 1808, | 39 | “ | “ | 7 “ |
| “ | 1809 to 1842, | 36 | “ | “ | 0 “ |
| Dorchester, Mass., | 1817 to 1829, | 33 | “ | “ | 11 “ |
| “ | “ 1834 to 1843, | 31 | “ | “ | 2 “ |
| Boston, | “ 1811 to 1820, | 27 | “ | “ | 3 “ |
| “ | “ 1821 to 1830, | 25 | “ | “ | 11 “ |
| “ | “ 1831 to 1840, | 22 | “ | “ | 9 “ |
| “ | “ 1841 to 1845, | 21 | “ | “ | 5 “ |
| Lowell, | “ 1836 to 1840, | 17 | “ | “ | 11-3 “ |
| “ | “ 1841 to 1845, | 17 | “ | “ | 0 “ |

From the above statement it will be seen that the chances for life in the aforesaid places, have been steadily diminishing for several years. But still the probabilities for life, all things considered, are un-

doubtedly greater than they were during the last century. *Vaccination*, which was first introduced into England by Dr. JENNER, as a preventive of Small Pox, and which subsequently spread its prophylactic influence rapidly over the earth, has done much to reduce the bills of mortality, but probably more in the old world than in the new. The 14th of May, 1796, is commonly regarded as the birth-day of Vaccination, and in 1799, it found its way into America, 1800, into France, and in 1802 it commenced in Hindostan, and the whole continent of Asia felt its redeeming power. In addition to this grand discovery, diseases are generally better understood than formerly, and better treated. More attention is also paid to Hygiene.

It now becomes us to pause, and seriously inquire whether we, with all our love of life, bring into requisition such means and measures as are calculated to increase its value. This is a point of practical importance, a subject which should not escape a rigid scrutiny. Our life, and our health, and the present and future prosperity of our children, and our children's children, are involved in it.

But when I say, that this world is peopled with a sort of semi-suicidal race of mortals, I must back up so grave a charge with substantial evidence. Hence, I beg leave to call the reader's attention to the brief statements of individuals whose integrity and judgment are never questioned.

Dr. T. Southward Smith, in his examination before the *Committee of the House of Commons*, declares that "in every district in which fever returns frequently, and prevails extensively, there is uniformly

bad sewerage, a bad supply of water, a bad supply of scavengers, and a consequent accumulation of filth," and "every day's experience convinces me that a very large proportion of these is capable of being removed; that if proper attention were paid to sanitary measures, the mortality of these districts would be most materially diminished; perhaps in some places one-third; in others one-half." Again says the doctor, "It is no exaggeration to state that the annual slaughter in England and Wales, from preventable causes of Typhus, which attacks persons in the vigor of life, is double the amount that was suffered by the allied armies in the battle of Waterloo!"

"Lord Morpeth (now Earl of Carlisle) remarked in the British Parliament," says a writer, "in a speech of April 30th, 1847, that in the various large towns in England, there were annually above 700,000 cases of unnecessary sickness, and in the metropolis alone there were 10,000 deaths that might have been saved. There are items of expense, he observes, such as direct attendance on the sick; loss of what they would have earned; premature death of productive contributors to the national wealth, and expense of premature funerals. Dr. Playfair estimates this loss for Manchester at nearly £1,000,000, and for the whole of the county of Lancaster, at £4,800,995. Mr. Hawkesly calculates the loss for Nottingham at £300,000. Mr. Clay estimates the loss for Ashton-under-Lyne, at £235,000, and Dr. Playfair considers the loss of London to be above £2,500,000, and that of England and Wales to be little short of 11,000,000,

and of the United Kingdom £20,000,000, or nearly \$100,000,000! And this an annual loss!"

Indeed this looks as if there was a little chance for improvement still, on the other side of the water, although we are informed that, "within a few months after the Sanitary act went into force, *Liverpool* closed 7,840 cellars, and condemned 1,616 filthy houses." "In Manchester the occupier of every house or dwelling is required to whitewash, purify, and cleanse the same on receiving notice so to do, under a penalty of 5s. for each day's delay!"

As to the penalty, we would not give much for that, in such a free country as this, where every man thinks he has a perfect right to take into his own sleeping apartment, chickens, and pigs, and goats, and dogs, presuming that no man should complain, so long as the animals do not! The more white-wash brushes, however, and hands to use them, the Europeans send this way, the better. But it is to be hoped that those who come to purify our dwellings, will understand the art of *scrubbing* a little better than do some who boast of being *native Americans*!

But how stands our own country, in regard to sanitary measures? Let us come a little nearer home, and each one ask himself, What am I doing to keep the vital spark alive in my own bosom—to banish the causes of disease from my dwelling, and to prevent the spread of death and desolation around me?

"The best of testimony informs us," says Dr. Curtis, "that near 4,000 deaths, and over 75,000 cases of sickness might have been avoided in Boston within the last three years! and that over 800 deaths, and 16,000

attacks of sickness. might have been prevented in Lowell within the same time ! When we take into account the mental and physical strength lost to the community, in time and labor, the cost of sickness, expense of funerals, &c., no arithmetic can calculate the detriment sustained *unnecessarily* by *preventable* disease and death, even in a pecuniary view. Had such a tax upon the public resources, and such a waste of human life been sacrificed in war, it would have received greater attention."

And what shall we say of our own Metropolis, where, during the year 1849, the average mortality was *one in every twenty-two minutes and twenty seconds* ! True, that year embraced the cholera season. Yet those who fell by this fearful pestilence only amount to 5,071. After deducting this number, we still have 18,702 to be referred to other causes, a number which ought to be quite sufficient to awaken a universal interest in sanitary measures.

LONGEVITY IN THE COUNTRY, AND IN TOWNS.

Hundreds, thousands, yea, millions ! are interested in the question, as to the probabilities of health and life in large towns, compared with the country.

" God made the country, and man made the town—
 What wonder then that health and virtue, gifts
 That can alone make sweet the bitter draught
 That life holds out to all, should most abound
 And least be threatened in the fields and groves ?"

Cowper.

"Great towns," says Dr. Dunglison, "have indeed been regarded as the *graves of mankind*." "Hufe-

land infers, that the mortality in cities may be estimated at 1 in 25 or 30, whilst in the country it is not more than 1 in 40 or 50." This, I think hardly gives towns their *due*.

In the third annual report of the *Register-General*, of Births, Deaths, and Marriages in England, p. 98, London 1841, says Dr. Dunglison, the annual mortality per cent. is found to be in the country district 1,821, whereas in the town district it is 2,620. "From the same report it appears," he remarks, "that the diseases chiefly incidental to childhood are twice as fatal in the town districts as they are in the country."

"In a most valuable contribution to Hygiene lately made to both houses of Parliament by the direction of the Queen of Great Britain," says the author just quoted, "we have returns of the average ages of death amongst the different classes of people in Manchester and Rutlandshire, which strikingly exhibit the difference between the amount of civic and rural mortality."

| | Manchester. YEARS. | Rutlandshire, YEARS. |
|---|-----------------------|-------------------------|
| " Professional persons, and gentry, and their families, | 38 | 52 |
| Trademen, and their families, (in Rutlandshire, farmers and graziers are included with shopkeepers,)..... | 20 | 41 |
| Mechanics, laborers, and their families,.... | 17 | 38 |

With the exception of the first class, the difference is more than 2 to 1, but as Manchester and Rutlandshire are so far from our own domicils, that their bills of mortality produce little or no effect upon our faith or works, we will again leave the old world to adopt such habits of living as may there be thought

advisable, and see what we can find at *home*, in favor of rural life.

The average duration of life in Franklin county, Massachusetts, in the valley of the Connecticut River, as shown by Dr. Curtis, is about 39 years, while in the city of Boston it is but 22.75. This gives a difference of 70 per cent. in favor of the country district, or an average addition of 16 years for each individual. Hence the question stands, whether it is better to live twenty-three years in Boston, than to live thirty-nine years in the valley of the Connecticut. Now the reader must not forget to make much allowance for that tide of immigration which is rolling in upon our shores, whose waves swell the "ghastly bills of mortality" vastly more in our large cities than in the country. The average age of those buried in Catholic burying-grounds in Boston is but $13\frac{1}{2}$ years !

Still it cannot be denied that the difference in salubrity between civic and rural life, is greatly in favor of the latter. Some people are very unwilling to believe this, or if they are thoroughly convinced of the fact, prefer clinging to the city, though they do not live out half their days ! I do not mean to say that men cannot live to a good old age even in the city. With proper care, many can, and do. But the chances are, I believe, as I have stated. Especially in hot weather, and a crowded city, do people run a greater risk of losing their health, than in the winter.

It is often said that those who leave the city for the summer, are as liable to disease, as those who remain. That many who thus leave are frequently

on the sick list, cannot be denied; and that others escape, is somewhat remarkable, for many seem to suppose that if they can only get to the country, the particular ground on which they tread, and the air which they are permitted to breathe, ought to atone for every error which they can well commit. But let the inhabitants of our goodly cities, in leaving town for their health, take a wise course to aid nature in her work of reparation, and if they do not return with better health, and happier hearts, and brighter heads, and ruddier faces, and prettier children, and fatter babies, the author is no prophet.

But I desire to have the reader keep in mind one practical thought, viz. : that we can have far better health than we have, and see more days, both in town, and out, if we will. It is quite time that something more was done to promote the health of our race.

“The United States may be considered,” says a writer, “as a country in which no legislative enactments exist, regulating its sanitary condition, for, with the exception of some municipal regulations, forced from the necessity of circumstances upon the large cities, and a few of the first steps of legislation in one or two of the States of the Union, each individual is permitted to exercise his own free will in regard to hygienic measures, too frequently either from ignorance of its laws, or cupidity, at the expense of great sacrifices of human life.”

Dr. Guy, of Kings College, London, &c., says, “I do not fear the charge of exaggeration, when I claim for the sanitary question, the right to be regarded THE

great question of the day. Look at it as a question of humanity, and it will not suffer by comparison with the highest efforts of the philanthropist ; regard it as a great act of Justice, and here, too, you will acknowledge it prefers peculiar claims to consideration ; measure it by the rule of economy, and I hesitate not to affirm that it stands without a rival ; or view it in its moral relations and reactions, and I know not whether even the great question of education will take rank before it.”—(*Transactions of the American Med. Association, Vol. 11, p. 534.*)

The three following tables show the influence of age on mortality.

The proportion of deaths at different periods of life in London has been stated as follows :

Of 23.525 deaths there were

| | | |
|----------------------|-------|--------------------|
| Under 2 years..... | 6.710 | or 23.52 per cent. |
| Between 2 and 5..... | 2.347 | “ 9.97 “ |
| “ 5 and 10..... | 1.019 | “ 4.33 “ |
| “ 10 and 20.... .. | 949 | “ 4.03 “ |
| “ 20 and 30..... | 1.563 | “ 6.64 “ |
| “ 30 and 40.. .. | 1.902 | “ 8.03 “ |
| “ 40 and 50..... | 2.093 | “ 8.89 “ |
| “ 50 and 60..... | 2.094 | “ 8.89 “ |
| “ 60 and 70..... | 2.153 | “ 9 15 “ |
| “ 70 and 80..... | 1.843 | “ 7.83 “ |
| “ 80 and 90..... | 749 | “ 3.18 “ |
| “ 90 and 100..... | 95 | “ 0.40 “ |
| 101..... | 1 | “ 0.0042 “ |
| 108..... | 2 | “ 0.0084 “ |

The following table exhibits the average proportion of deaths at different ages, compared with the total number of deaths in the cities of Philadelphia and Baltimore ; the former city embracing a period of

ten years, and the latter four years, between 1820 and 1830.

| Ages. | | | Philadelphia. | | Baltimore. |
|-------|-----|-------|---------------|---------|------------|
| | | | Per Cent. | | Per Cent. |
| Under | 1 | year | 22.7 | | 24.11 |
| From | 1 | to 2 | 8.6 | | 8.55 |
| " | 2 | " 5 | 7.3 | | 11.18 |
| " | 5 | " 10 | 4. | .. | 5. |
| " | 10 | " 20 | 5. | | 6. 3 |
| " | 20 | " 30 | 12. | | 9.87 |
| " | 30 | " 40 | 12. | | 10.58 |
| " | 40 | " 50 | 10. | | 8.88 |
| " | 50 | " 60 | 7.2 | | 5.78 |
| " | 60 | " 70 | 5. | | 4. 5 |
| " | 70 | " 80 | 3.5 | | 3. |
| " | 80 | " 90 | 1.9 | | 1.67 |
| " | 90 | " 100 | 0.5 | | 0.26 |
| " | 100 | " 110 | 0.9 | } | 0.18 |
| " | 110 | " 120 | 0.013 | | |

In Manchester the proportion of

deaths under 5 years is about 50 per cent

| | | | | | |
|---------------------------|---|---|---|-----|---|
| " London, | " | " | " | 38½ | " |
| " Massachusetts, (state,) | " | " | " | 34 | " |
| " Philadelphia, | " | " | " | 49 | " |
| " Boston, | " | " | " | 42½ | " |
| " Lowell, | " | " | " | 46½ | " |
| " Baltimore, | " | " | " | 48 | " |
| " New-York, (city,) | " | " | " | 47 | " |
| " Providence, R. I., | " | " | " | 38 | " |
| " Utica, N. Y., | " | " | " | 40 | " |

INFLUENCE OF LOCATION ON LONGEVITY.

The following statistics, which exhibit the mortality per cent. of the within named places, have been collected from various sources, yet as to the comparative salubrity of the different locations, it should be remembered that all such tables are mere

approximations. In the following table, fractions are not included.

| | |
|-----------------------|-----------------------------|
| England 1 in 44. | Glasgow, 1 in 44. |
| London, 1 in 40. | St. Petersburg, 1 in 37. |
| Sweden, 1 in 34. | Manchester |
| Belgium, 1 in 41. | and } 1 in 29. |
| Northampton, 1 in 25. | Salford, } |
| Vienna, 1 in 23. | Carlisle, 1 in 40. |
| Leghorn, 1 in 35. | Berlin, 1 in 34. |
| Rome, 1 in 25. | Paris, Lyons, Stras- |
| Brussels, 1 in 26. | burg, Barcelona. } 1 in 32. |
| Havana, 1 in 35. | Amsterdam, 1 in 24. |
| Geneva, 1 in 43. | Naples, 1 in 28. |
| Madrid, 1 in 29. | Nice and Palermo, 1 in 31. |
| France, 1 in 40. | |

UNITED STATES.

| | |
|-----------------------------|------------------------|
| Charleston, 1 in 44. | Utica, N. Y., 1 in 60. |
| Philadelphia, 1 in 43. | Saint Louis, 1 in 33. |
| New-York, 1 in 38. | Baltimore, 1 in 43. |
| Providence, R. I., 1 in 41. | Boston, 1 in 34. |
| Bristol, R. I., 1 in 52. | New Orleans, 1 in 19. |
| Rochester, N. Y., 1 in 36. | Lowell, 1 in 42. |

From the above table Utica seems to stand at the head of the list, in relation to salubrity, as the mortality per cent. is less than at any other point from which I have been able to obtain statistics. But although this city is unquestionably a healthy location, yet I ought to remark, that the statistics were taken for so limited a period, &c., that they can hardly be considered as reliable data.

INFLUENCE OF TEMPERATURE ON MORTALITY.

| Months. | Boston. DEATHS. 1846 to 1848. | Lowell. DEATHS. 1846 to 1848 | New-York. DEATHS. 1846 to 1848. |
|------------|-------------------------------------|------------------------------------|---------------------------------------|
| January, | 698 | 120 | 3,148 |
| February, | 669 | 150 | 3,267 |
| March, | 678 | 152 | 3,527 |
| April, | 794 | 157 | 3,624 |
| May, | 846 | 143 | 3,365 |
| June, | 810 | 178 | 3,431 |
| July, | 998 | 263 | 4,709 |
| August, | 1,447 | 431 | 4,481 |
| September, | 1,192 | 341 | 3,859 |
| October, | 905 | 222 | 3,173 |
| November, | 794 | 168 | 3,135 |
| December, | 772 | 139 | 3,306 |
| Total, | 10,603 | 2,464 | 43,025 |

The following table shows the remarkable uniformity of some diseases through all the seasons of the year, and the disparity of others.

| Causes of Death. | Winter. | Spring. | Summer. | Autumn. |
|---------------------|---------|---------|---------|---------|
| Dropsy in the head, | 1370 | 1330 | 1348 | 1231 |
| Convulsions, | 2114 | 2298 | 2532 | 2119 |
| Consumption, | 5600 | 5778 | 5501 | 5148 |
| Scrofula, | 72 | 64 | 72 | 54 |
| Cancer, | 276 | 230 | 264 | 262 |
| Asthma, | 1733 | 642 | 343 | 1080 |
| Cholera Infantum, | 45 | 207 | 3375 | 918 |

LONGEVITY AFFECTED BY AVOCATION, AS OBSERVED IN MASSACHUSETTS.

| | | | | |
|-------------------|------------------------|---|----|---|
| Agriculturists, | average age, 64 years. | | | |
| Laborers, | " | " | 48 | " |
| Mechanics, | " | " | 46 | " |
| Merchants, | " | " | 51 | " |
| Paupers, | " | " | 69 | " |
| Professional men, | " | " | 48 | " |
| Public officers, | " | " | 42 | " |
| Seamen, | " | " | 43 | " |

Consumption, which is emphatically the messenger of death throughout the land from generation to

generation, is sweeping off more victims than any other disease. And although there are no statistics to show the extent of the ravages of that fearful pestilence, which during the year 1849 so often caused the "silver cord to be loosed, the golden bowl to be broken," "and man to go to his long home, and the mourners to go about the streets," yet there is every reason to believe, that even during the cholera season, the number of deaths throughout the United States by consumption, altogether exceeded those which were caused by cholera. Indeed, in this city, there were nearly half as many deaths by the former as by the latter, and in the city of Boston, the record stands, deaths by cholera 611, and by consumption 644. Whereas, in the country generally, the balance is greatly in favor of the cholera. From all diseases, the proportion of deaths by consumption, as far as I can ascertain, is as follows:—

| | |
|-----------------------------------|--------|
| New-York City, average per cent., | 15 3-4 |
| Baltimore, " " " " | 17 1-2 |
| Providence, " " " " | 18 |
| Lowell, " " " " | 16 1-4 |
| Boston, " " " " | 17 1-3 |
| Massachusetts, " " " " | 24 |
| Concord, N. H., " " " " | 17 |
| Rochester, N. Y., " " " " | 14 |

Many interesting questions in relation to this formidable disease, very naturally arise, which it will hardly be expected that I should notice in this volume. I will briefly hint at one or two. Is the disease increasing in frequency? It is thought by many that it is, and we shall all gladly hail any evidence to the

contrary. In Massachusetts, 1845, the per cent. was 25.67, but in 1848, it was only 23.99. In Lowell, from 1836 to 1845, inclusive, the average was 17.12, whereas, from 1846 to 1848, it was but 14.79. In Boston, from 1821 to 1830, the per cent. was 21.51, from 1831 to 1848 only 15.28. In the city of New-York, during the years 1840, '41 and '42, the average mortality per cent. by this disease was 16.50, but during the years 1846, '47 and '48, it is found to be but 14.

I regret that I am not in possession of suitable statistics to enable me to draw this interesting line of comparison much further. In the state of Massachusetts, and in the cities of Lowell, Boston and New-York, we perceive that the average per cent. is 17, instead of $20\frac{1}{2}$ per cent. as at the former periods, which is a very gratifying improvement, and especially when we consider that the disease is generally supposed to be on the increase. But whether this terrible scourge shall continue to wane, the future alone can decide.

Another interesting question, in connection with the one briefly noticed, is, where does consumption most abound, or what climate is most exempt. Perhaps the reader would hardly believe me if I should say there is *no* climate exempt. Neither is there as much variation between different climates as many suppose. While the balance is actually in favor of the *cold* climate. Some seem to think, that all they have to do, to escape this disease, is to get away to some mild climate. But this is a mistake. Too often a painful one! Many, in consequence of this

error, leave a good comfortable home, and kind friends, and pleasant society, to die in a strange land in the midst of thieves and robbers, who care very little how long the soul and body are kept together, so be they get the plunder. Recollect that I am now speaking of genuine consumption, and not of *chronic bronchitis*. This in another disease entirely, and one in which a judicious change of climate may do wonders. Perhaps there is no disease more susceptible of improvement in this very way, than the one last named. But tubercular consumption is quite another thing, and when it is clearly settled that any man is in the jaws of this devourer, he had better draw his friends a little closer around him, and not be in a hurry about taking his leave of them. But of this I need say nothing, as his physician will be the man to give him advice on this important subject.

But, circumstances may compel the reader, however perfect his health, to leave his own fire-side, and the land of his fathers, to become a citizen of an untried location or climate, and possibly he may think that he ought to find a better guide than he has yet discovered in this book of "*Hints*."

Having a desire to furnish him with something practical on so important a subject, that he may refer to it hereafter (if necessary) with profit, I beg leave to present a few statistics which I have collected from that admirable work, "*The Climate of the United States, 1842*," by the late talented and lamented Samuel Forry, M. D., Surgeon of the United States Army, which is undoubtedly the best work of the kind ever published.

The facts which I have selected are of great interest for many reasons. In the first place, no physician can get an appointment in the army who does not thoroughly understand his profession. Hence he is qualified to decide upon the character of disease. He has also time and opportunity for investigation. He becomes familiar with the various morbid agents and influences which abound at the several stations, and is consequently better prepared to speak of the comparative salubrity of the several posts, than any other man.

But it may be said that the army is composed of men whose age embraces that period of life which is most favorable to longevity, on the one hand, and of men whose habits are not the best calculated to increase the probabilities of old age, on the other. This is true, but it does not affect the question as to the comparative salubrity of different stations in the least. It will be remembered that soldiers are soldiers, wherever you find them. They are generally men of the same taste, same habits, and the same pursuits, whether in Michigan or Florida.

If we should compare the bills of mortality in the camp with those in the city, it would be a very different thing. Hence the beauty and the fitness of the comparison in the following tables consist in this—that the soldier's fare in health is very much the same at all the stations, and when he is on the sick list, he is neither killed by *self-treatment*, nor destroyed by *quacks*. Consequently we consider facts accumulated from such a source, worthy of notice.

The reader will bear in mind, that in order to give a correct view of the average ratio of deaths by disease at the different stations, the cases of cholera, gunshot wounds, suicide, drowning, and all casualties have been excluded.

NORTHERN DIVISION OF THE UNITED STATES.

| | | Latitude. | Longitude. | Mean annual temperature. | Maximum temperature. | Minimum temperature. | Each man sick once in, | Deaths |
|--|-------------------------------------|-----------|------------|--------------------------|----------------------|----------------------|------------------------|-----------|
| | | N. deg.m | W. deg.m | Fah. deg.m | above 0. | above 0. below 0. | months. | per cent. |
| Posts on the northern Lakes. | Fort Brady, Mich. | 46 34 | 84 43 | 41 39 | 87 | -23 | 9 | 1.1 |
| | " Mackinaw, Wis. | 45 51 | 85 5 | | | | 6½ | .6 |
| | " Gratiot, Mich. | 43 | 82 10 | | | | 4 | 1.6 |
| | " Howard, " | 44 40 | 87 | 44 92 | 98 | -25 | 6 | 1.5 |
| | " Dearborn, Ill. | 41 51 | 87 15 | | | | 7½ | 1.3 |
| | " Niagara, N. Y. | 43 15 | 70 | 51 69 | 93 1 | — | 5 | 1.5 |
| Mad'n Bar. Sacket's Har. | | 43 50 | 77 55 | | | | 3 | 1.5 |
| New England Coast. | Fort Sullivan, Maine, | 44 44 | 67 4 | 42 95 | 91 | -13 | 6 | 1.6 |
| | " Preble, " | 43 38 | 70 18 | 46 67 | 92 | — 7 | 8 | 1.6 |
| | " Constitution, N. H. | 43 4 | 70 49 | 47 21 | 91 | — 6 | 17½ | 1.3 |
| | " Independence, Bos- ton Harbor, | 42 22 | 71 18 | | | | 4 | 1.3 |
| | " Wolcott, R. I. | 41 30 | 70 18 | 50 61 | 85 2 | — | 8 | 1.3 |
| | " Trumbull Ct. | 41 22 | 72 5 | 55 | 87 9 | — | 8½ | 1. |
| | " Columbus and Ha- milton, N. Y. | 40 42 | 74 2 | 53 | 97 2 | — | 5 | 1.5 |
| Posts remotd from ocean & inland seas. | Fort Snelling, Iowa, | 44 53 | 93 1 | 45 83 | 93 | -26 | 5 | .5 |
| | " Winnebago, Wis. | 43 31 | 89 28 | | | | 8½ | .9 |
| | " Crawford, " | 43 5 | 90 55 | 45 52 | 95 | -25 | 4 | 1.3 |
| | " Leavenw'h, I. T. | 39 20 | 95 5 | | | | 3½ | 1.2 |
| | Hancock Bar. Me. | 46 5 | 67 40 | 41 21 | 94 | -24 | 6 | .5 |
| West Point, N. Y. | | 41 23 | 73 51 | 52 47 | 90 | — 1 | 3 | .3 |

MIDDLE DIVISION OF THE UNITED STATES.

| | | Latitude. | | Longitude. | | Mean temperature. | | Maximum temperature. | | Minimum temperature. | | Each man sick once in, | | Deaths. | |
|------------------------------|--------------------------|-----------|---------|------------|-----|-------------------|----|----------------------|--|----------------------|--|------------------------|--|----------|--|
| | | N. deg.m. | W deg.m | | | Fah. | | above 0. | | above 0 below 0. | | months. | | per c't. | |
| Posts on the Atlantic coast. | Fort Delaware, | 39 35 | 75 29 | | | | | | | | | 5½ | | 3. | |
| | “ MeHenry, Balt. Har. | 39 17 | 76 36 | | | | | | | | | 4 | | 1.7 | |
| | “ Severn, Md. | 38 58 | 76 27 | | | | | | | | | 4 | | 3. | |
| | “ Washington, Md. | 38 41 | 76 58 | 56 57 | 93 | 9— | 4 | 2. | | | | | | | |
| | “ Monroe, Va. | 37 2 | 76 12 | 61 43 | 93 | 20— | 4 | 3.2 | | | | | | | |
| | Belona Arsenal, Va. | 37 30 | | | | | 5 | 2.4 | | | | | | | |
| | Fort Moultrie, S. C. | 32 40 | 79 56 | 65 78 | 90 | 21— | 5 | 3. | | | | | | | |
| | “ Johnson, N. C. | 34 | 78 | 5 66 96 | 90 | 28— | 6 | 3.1 | | | | | | | |
| Interior Posts. | Oglethorpe Barracks, Ga. | 32 4 | 81 7 | | | | 5 | 3. | | | | | | | |
| | Jefferson Barracks, Mo. | 38 28 | 90 8 | 58 14 | 96 | 7— | 3½ | 3.5 | | | | | | | |
| | Fort Gibson, Ark. | 35 47 | 95 10 | 62 90 | 104 | 15— | 3 | 4.5 | | | | | | | |
| | “ Smith, “ | 35 22 | 94 10 | | | | 3 | 4.7 | | | | | | | |
| | “ Towson, I. T. | 33 51 | 95 1 | | | | 4½ | 2. | | | | | | | |
| | “ Jesup, La. | 31 30 | 93 47 | 68 03 | 96 | 19— | 4 | 3. | | | | | | | |

SOUTHERN DIVISION OF THE UNITED STATES.

| | | | | | | | | | | | | | | | |
|----------------------------|----------------------|-------|-------|-------|-----|-----|----|-----|--|--|--|--|--|--|--|
| Posts on the lower Missip. | Augusta Arsenal, Ga. | 33 25 | 81 53 | 66 01 | 98 | 25— | 6½ | 3.5 | | | | | | | |
| | Fort Mitchell, “ | 32 19 | 85 10 | | | | 4½ | 3. | | | | | | | |
| | Baton Rouge, La. | 30 36 | 91 23 | | | | 3½ | 6.2 | | | | | | | |
| | New Orleans, “ | 29 57 | 90 14 | 71 25 | 94 | 30— | 4 | 2 | | | | | | | |
| | Fort Pike, “ | 30 10 | 89 38 | 71 25 | 94 | 30— | 8 | 2 | | | | | | | |
| | “ Wood, “ | 30 5 | 89 51 | | | | 3¼ | 5.1 | | | | | | | |
| Posts in Florida. | “ Jackson, “ | 29 29 | 89 71 | | | | 4 | 5.5 | | | | | | | |
| | Fort Marion, Fla. | 29 50 | 81 27 | 72 66 | 92 | 39— | 5½ | 2.7 | | | | | | | |
| | “ King, “ | 29 12 | 82 12 | 72 66 | 105 | 27— | 4¼ | 2. | | | | | | | |
| | “ Brooke, “ | 27 57 | 82 35 | 73 43 | 92 | 35— | 4½ | 2. | | | | | | | |
| | Key West, “ | 24 33 | 81 52 | 76 09 | 89 | 52— | 2½ | 9.6 | | | | | | | |

As the temperature at many of the posts is not given, I am compelled to leave so much of the above tables blank. But with all their imperfections, it will probably be admitted that they are not altogether devoid of interest. To my own mind it is very obvious that those who complain so much of atmospheric vicissitudes, and shudder at the thought of a strong northwest blast, labor under a very great mistake when they suppose that an even-every-day-straight-along-temperature is conducive to health. It is far from it.

KEY WEST.

Where do we find the highest bills of mortality at the different military stations in the United States?

Just where we find the least range of temperature, that is, where there is the least variation, viz: at Key West, where it is neither hot nor cold, but *luke-warm*, the great desideratum, according to common opinion. At that post we discover that nearly one in every ten die annually, and yet it is never so warm by 10° as it is in New-York, nor so cold by 50° !

But not only do the bills of mortality at this post greatly exceed those of every other given in the tables above, but how stands the bills of "*morbidity*?" It might so happen that ten men in a hundred should become sick and die, and yet the remaining 90 continue in perfect health. Again, the whole army, to a man, might suffer from disease, and not *one* die. Hence we discover that the number of deaths at any place may be a very imperfect criterion for the amount of disease which may prevail. But we find the bills at

this post no more favorable in regard to the number of invalids. What is the average?

Every man is on the sick list once in $2\frac{1}{2}$ months! This is not a very flattering account of the "land of flowers."

But some may say, there must be something more than this remarkable equilibrium of the temperature at Key West, to make it so insalubrious. Doubtless there is; and as it would hardly be proper to take this single post to prove the statement just made, in relation to changes of temperature, let us turn our attention for a moment to the north.

FORT HOWARD.

At Fort Howard, Green Bay, we find the range of temperature to be 123° , that is, the mercury runs up to 98° in summer, and falls down to 25° below zero in winter, yet the number of deaths average but $1\frac{1}{2}$ per cent., while the men upon an average are sick once in six months only.

FORT CONSTITUTION.

At Fort Constitution, N. H., where the range is 97° , the deaths amount to a little more than 1 per cent., and every man's name is enrolled on the sick list only once in $17\frac{1}{2}$ months!

WEST POINT.

It will be observed that West Point, on the Hudson, reports the lowest bill of mortality given in the tables; that is, less than $\frac{1}{2}$ per cent., and yet its sick list is exceeded only by those of Key West. But the mor-

tality per cent. is undoubtedly too low, as it appears that several invalids were sent away from that post to die in other climes. The reader will also bear in mind that when we speak of the sick list in the army that *invalids* are exempt from *duty*, and it is a very easy matter for lazy bones to have aching heads, and indolent students to find a hiding place from their books. But what is the conclusion of the whole matter touching the comparative salubrity between the northern and southern divisions of the United States?

It cannot be doubted that there are many places of great salubrity in the southern and southwestern states. But our tables show us very conclusively that in the army at least, the balance in favor of the northern division as a whole, is more than 2 to 1.

DON'T FIND TOO MUCH FAULT.

Now I think the reader had better stop complaining of our *northern ventilators*, and instead of saying "this change is going to make every body sick," say that it will do more *good* than hurt. It will generally be nearer the truth, and a more desirable conclusion. It is time that we begin to look at the other side of the picture. Let us have the changes, have *anything* but stagnation, though all should guard against taking cold, by being well clad, and taking the air every day. True some may receive injury, while multitudes will be benefitted, though few will own it.

Suppose you do take a little cold by the "change of the weather," as you say, which half the time you do not know to be a fact, what then? You had better

even do this, now and then, than to have something worse take *you*.

But let us remember one thing ; the more *frequent* the vicissitudes, the more *harmless*. Those who live in Key West, are as sensitive to a change of temperature of 5° as we are in New-York to a variation of 20°. But the changes do not equally purify the atmosphere.

FACTS BETTER THAN THEORIES.

But as theories are worth little to the hungry for food, or to the sick for physic, I will call the attention of the reader to some facts in relation to the comparative prevalence of some of the more common diseases among the troops at different places.

| Divisions. | Systems of Climate. | Ratio treated per 1000 mean strength. | | | | | | | | | |
|------------|--------------------------------------|---------------------------------------|----------------------------|-----------|--------------|-------------------------|-------------|---------------------|---------------------|------------------|---------------|
| | | Colds or Influenza. | Inflammation of the Lungs. | Pleurisy. | Consumption. | Diarrhœa and Dysentery. | Rheumatism. | Inflammatory Fever. | Intermittent Fever. | Remittent Fever. | Typhus Fever. |
| North-ern. | Posts on coast of N. E. | 233 | 22 | 26 | 9 | 170 | 110 | 43 | 36 | 26 | 5. |
| | " Nth. chain of Lakes. | 300 | 19 | 30 | 9 | 253 | 151 | 16 | 193 | 33 | 4. |
| | " Remote from ocean and inland seas. | 552 | 17 | 28 | 5 | 305 | 136 | 45 | 151 | 24 | .9 |
| Mid-dle. | From Del. B. to Savan | 271 | 25 | 32 | 13 | 455 | 126 | 27 | 370 | 181 | 3. |
| | Southwestern Stations. | 290 | 39 | 52 | 11 | 597 | 112 | 25 | 747 | 180 | 4. |
| Sth-ern. | Posts on the lower Mis. | 218 | 22 | 28 | 9 | 456 | 90 | 60 | 385 | 196 | 13. |
| | Posts in Florida. | 143 | 15 | 24 | 9 | 495 | 119 | 18 | 520 | 102 | .7 |

The above table contains statistics highly interesting to the medical philosopher, and all others. Contrary to common opinion we perceive that *consumption* actually prevails more at the south than it does at the north, while it falls the most heavily upon the inhabitants of the middle division. But this is not all. It is an interesting fact to see how little influence *colds* have, in producing consumption. A person suffering with this disease, can hardly be found who does not attribute the attack to such a cause. It is the almost universal impression that colds lead to consumption, and an erroneous one undoubtedly; that is, in the sense in which it is understood. If an individual has a consumptive diathesis, or strong predisposition to this scourge of our race, with more or less tubercles in the lungs in a latent state, a cold may, and does frequently cause the germs to sprout, and the disease to be rapidly developed; and so may any other malady do the same thing. Inflammation of the lungs often does it, and fevers far more frequently than colds, although we hear little complaint from this source.

INTERESTING COMPARISONS.

Now turn your eye to the table, and you will see as in a mirror, the subject presented in a clear light. In that section of the northern division of the United States which is remote from the ocean and inland seas, we find reported 552 cases of colds and influenza to each 1000 men, while the number of consumptives on the list is but 5.

Again, turn your eye to that portion of the middle

division from Delaware Bay to Savannah, and you behold at once, that catarrhal affections, or colds, have diminished to the number of 271, whereas the cases of consumption have increased to 13. In this division, we find colds a little less than half as frequent as in the other division, while consumption is increased nearly three-fold. This may be considered a remarkable fact. Moreover on the New England coast in the northern division, we find the cases of colds reported, to be less than half as numerous as those noticed in another section of this division, and yet consumption is nearly twice as frequent.

But a safer criterion will be found in the comparison of the entire northern with the southern and middle divisions, which stands as follows: The average number of colds and influenza (another name for colds) is for the northern, 362; for the southern and middle divisions, 255. The average ratio of consumptive cases for the former section, is $7\frac{3}{4}$, and for the latter $10\frac{1}{2}$.

TWO QUESTIONS SETTLED.

These facts seem to settle two important questions viz.: that colds have little to do in producing consumption, as to being the prime cause, and, that this disease is obviously more fatal in the southern than in the northern portions of our country. Yet bronchitis, as before remarked, and many throat affections, are often greatly relieved or entirely cured, by a residence in a warm climate during the cold season.

But I remarked that fevers more frequently than colds, develop consumption. Now, if this is a true statement, we ought to find consumption the most fre-

quent where fevers most prevail, as we have already found it most *unfrequent* where *colds* most prevail; and this we find to be the fact, notwithstanding the long defended doctrine, that a malarial region is the proper residence for a consumptive patient. Of the four different forms of fever named in the last table, we find the average number of cases to be for the North and the South respectively as follows:—For the former, 192 per 1000 men; while the list of the latter is found to embrace the enormous number of 708. And this, it will be remembered, does not include yellow-fever, which every one knows to be almost exclusively confined to the South.

We further find the average number of cases of diarrhœa and dysentery in the southern and middle districts to be, 500 per 1000 men; whereas, in the northern division, the number is but 243. Hence we may safely infer that, whatever tends to impair the constitution, tends to develop consumption in every class who are predisposed, and in all climates and countries.

This view of the subject ought to stimulate all to religiously adopt such measures, select such pursuits, choose such climates, and practice such habits, as seem best adapted to secure a vigorous constitution.

There are several other points of interests in the foregoing table which might be examined with profit, did time permit. It is somewhat surprising to find that there are more cases of rheumatism reported at Key West, than on the New England Coast, inasmuch as this disease has generally been consi-

dered as the very offspring of cold and moist climates. Persons afflicted with this complaint, do often find great relief in visiting a mild climate, but they generally return to be more affected than ever. And, indeed, some who never suspected any danger from this form of disease previous to a residence in a warm climate, find themselves peculiarly obnoxious to an attack on returning. Such was the case with the author of the work from which I have drawn so many interesting facts. The following table exhibits the ratio of mortality in the armies of different nations.

| | Per Cent. |
|--|-----------|
| United States Troops—Northern Division, - - | 1.5 |
| “ “ “ Middle and Southern Divisions, - - | 4.2 |
| European Troops in the East Indies, - - - - | 5.7 |
| Native Troops in Madras, - - - - - | 1.4 |
| French Army on the Home Station, - - - - | 2.0 |
| Prussian Army, - - - - - | 1.1 |
| British Troops serving at home, - - - - | 1.7 |
| British Troops in the West Indies (White), - - - | 9.5 |
| “ “ “ “ (Colored), - - - | 3.8 |
| “ “ in the Bermudas, - - - - | 2.9 |
| “ “ Nova Scotia and New Brunswick, - | 1.4 |
| “ “ Canada, - - - - - | 1.5 |
| “ “ New Foundland, - - - - - | 3.8 |
| “ “ Gibraltar, - - - - - | 2.1 |
| “ “ Malta, - - - - - | 1.1 |
| “ “ Ionian Islands, - - - - - | 2.4 |
| “ “ at Ceylon, - - - - - | 4.3 |
| “ “ Mauritius, - - - - - | 3.5 |
| “ “ Cape of Good Hope, - - - - | 1.8 |
| “ “ at Bombay, - - - - - | 3.8 |
| “ “ at Madras, - - - - - | 5.2 |
| “ “ New South Wales, - - - - | 1.4 |
| “ “ Australian Colonies, - - - - | 1.4 |
| “ “ Western Coast of Africa, - - - - | 40.0 |

TABLE OF ANNUAL DEATHS IN NEW-YORK.

| | Deaths. | Population. | Per cent. | | Deaths. | Population. | Per cent. | |
|-------|---------|-------------|-----------|--|---------|-------------|-----------|-----------------|
| 1805 | 2,297 | 75,770 | 1 in 33 | | 1829 | 4,734 | | |
| 1806 | 2,174 | | | | 1830 | 5,198 | 202,589 | 1 in 39 |
| 1807 | 2,236 | | | | 1831 | 5,991 | | |
| 1808 | 1,950 | | | | 1832 | 9,975 | | Chol'a. |
| 1809 | 2,038 | | | | 1833 | 5,354 | | |
| 1810 | 2,073 | 96,373 | 1 in 46 | | 1834 | 8,590 | | Chol'a. |
| 1811 | 2,431 | | | | 1835 | 6,608 | 270,089 | 1 in 41 |
| 1812 | 2,472 | | | | 1836 | 7,503 | | |
| 1813 | 2,207 | | | | 1837 | 8,182 | | |
| 1814 | 1,881 | | | | 1838 | 7,503 | | |
| 1815 | 2,405 | 100,619 | 1 in 42 | | 1839 | 7,314 | | |
| 1816 | 2,651 | | | | 1840 | 7,868 | 312,710 | 1 in 40 |
| 1817 | 2,409 | | | | 1841 | 8,531 | | |
| 1818 | 3,106 | | | | 1842 | 8,503 | | |
| 1819 | 3,008 | | | | 1843 | 7,933 | | |
| 1820 | 3,326 | 123,706 | 1 in 37 | | 1844 | 8,127 | | |
| 1821 | 3,368 | | | | 1845 | 9,886 | 371,223 | 1 in 38 |
| 1822 | 3,026 | | | | 1846 | 10,079 | | |
| 1823 | 3,221 | | | | 1847 | 14,441 | | Ty. F |
| 1824 | 1,091 | | | | 1848 | 14,553 | | |
| 1825 | 1,774 | 166,086 | 1 in 34 | | 1849 | 23,773 | | 1 in 19 Chol'a. |
| 1826 | 4,671 | | | | | 190,676 | | |
| 1827 | 4,890 | | | | | 71,518 | | |
| 1828 | 4,843 | | | | | | | |
| Total | | | | | 262,194 | | | |

It is interesting to observe in the above table, that the ratio of deaths at the last census (1845) is the mean mortality of the nine preceding quinquennial periods, viz.: 1 in 38. During the period which the table embraces, more than three times as many inhabitants have died as the city contained in the year 1805, and nearly as many as the whole town embraced in 1835. But notwithstanding that we have buried more inhabitants within this short period than any other city in the Union now contains, with one

exception, yet it is interesting to observe the continued and rapid growth of the Metropolis. It is, however, a melancholy reflection to call to mind, that many of our fellow-citizens, beyond the shadow of a doubt, might now be with us, rejoicing in health, and in the prosperity of our city, (who now have no part in all that pertains to time,) if proper attention had been paid to sanitary measures. The importance of this subject deeply affects the physician, who would gladly induce the living to awake and banish those pestiferous agents which call so loudly and so frequently for drugs and doctors, shrouds and coffins. But what can he do, if the multitude sleep on and give no heed to his counsels?

To see my neighbor's house on fire, while all within remain in a sound sleep, and refuse to give the alarm, would be to exhibit the spirit of a demon. But what better spirit would that father exhibit, who, after being warned, would deliberately let his children perish in the flames, without an effort to save them?

TOO DILATORY.

So when the community are warned of their danger—when the city and state authorities are conjured to act the part of safety and wisdom—when means and measures are pointed out which cannot be neglected with impunity, and when fatal consequences, of inattention and delay, so frequently overwhelm perishing immortals, the conclusion is naturally forced upon us, that something, yea, *much*, is wrong! that nothing less than criminal indifference lies at the doors

of these who are clothed with authority to banish those dens of filth and sources of pestilence, which so often convert a town or portion thereof, into a pest-house, while these guardians of health perhaps move on with as much unconcern, as though the edict had never gone forth, "Dust thou art, and unto dust shalt thou return."

SANITARY COMMITTEE.

But let not the reader for a moment suppose that this matter of self-preservation belongs exclusively to doctors, or jurors, or boards of health, or corporations, or state authorities—but to his own conscience and to community, must every one account for the amount of effort which he has put forth for his own, or his neighbor's weal or woe. It is time that *fathers* and *mothers* fully realize that they are largely responsible for the health of their children. Let parents remember that they are expected to constitute a "*sanitary committee*," for each household.

"In the very able Report of the Hon. Horace Mann, as Secretary of the Board of Education, in 1843, the Hon. Secretary says, "The study of the laws of life and hygiene, or the rules and observances by which health can be preserved and promoted, has claims so superior to every other; and, at the same time, so little regarded or understood by the community, that I shall ask the indulgence of the board, while I endeavor to vindicate its title to the first rank in our schools, after the elementary branches;" and this he does in a very eloquent and convincing manner. Here he aims at a most important principle, that of

teaching our children and youth those essential matters, which, if observed, will prevent much sickness, enlarge capacities for happiness and usefulness, and prolong life.

“The cardinal reason why the laws of health and life are so little regarded at present, is found in the great prevalence of an ignorance of them throughout the community, or, as the writer above quoted has it, “Sheer ignorance of facts and principles which every parent, *by virtue of his parental relation*, is as much bound to know, as a judge is bound to know the civil or criminal law which he undertakes to administer ; or a juror, in a case of life and death, is bound to understand the evidence on which his verdict is to be rendered.” “The graduates of colleges and theological seminaries who would be ashamed if they did not know that Alexander’s horse was named Bucephalus or had not read Middleton’s octavo volume on the Greek Article, are often profoundly ignorant of the great laws which God has impressed on their physical frame, and which, under penalty of forfeiting life and usefulness, he has commanded them to know and obey.” It is this that allows eminent divines, and others of high, general intelligence, to give their recommendations to vague nostrums, and lend their influence to vain pretenders, thus occupying a position where they cast a most baneful shadow upon the vital interests of their fellow-men.”—*Trans. of the Am. Med. Association, Vol. 11, p. 491.*)

“Although something has been done in this State” (Mass.), “when compared with other states in the confederacy, insomuch that those interested in sanitary

improvement, both at home and abroad, have pointed to Massachusetts as having set an example worthy the imitation of her sister states, yet we are far, very far, in the rear of what we ought to be, when the great and vital importance of the subject is duly considered.

“ We have legislated, *usque ad nauseum*, on almost everything but that which concerns us most, namely, the sure sources of health and life, and consequent happiness and prosperity. By legislation, we have protected the beasts of the fields, the fowls of the air, and the fish of the sea ; by legislation, we have encouraged the arts and sciences, except those which would most directly enable us to live long, useful, and happy ; by legislation, we have granted privileges to the manufacturer, developed the resources of the agriculturist, and directly or indirectly offered rewards for the best cattle, the fleetest horses, and the fattest hogs ; have extended inducements for the best buildings, greatest crops, and most improved implements, all of which is most praiseworthy ; but we have neglected to use the means for securing attainable longevity and exalted happiness, as well as some of the most prolific sources of State wealth.”—*T. A. Med. A. Vol. 11, p. 493.*

PRISON MORTALITY.

As there are many *Howards* still upon the stage who feel for the prisoner, and weep over fallen humanity, possibly the reader may be inclined to spend a moment in examining a very few brief statistics of *Prisons*.

A letter of inquiry being directed to every State Prison in the United States, soliciting an answer from such as could make it convenient to forward the desired data, the writer is happy to acknowledge his great indebtedness to the following gentlemen for a kind and prompt response, viz. :

Charles Frick, M. D., physician to the Md. Penitentiary. J. Goodwin, Esq., agent of the Mich. State Prison. A. P. Dorris, M. D., physician to the Mo. State Prison. W. C. Sneed, M. D., physician to the Ky. Penitentiary. J. H. Hanmack, agent of the Ark. State Prison. T. W. Mason, M. D., physician to the Ala. Penitentiary. And for "Annual Reports," the author is indebted to the following gentlemen, viz. : Thomas W. Hayward, Esq., Warden of the R. I. State Prison. Col. L. Dewey, Warden of the Ohio Penitentiary. Benj. Carr, Esq., Warden of the Me. State Prison. B. K. Hart, M. D., physician to the Ill. State Prison. B. Fosgate, M. D., physician to the N. Y. State Prison at Auburn—said last Report embraces statistics of the three State Prisons in New-York, viz. : at Auburn, Clinton, and Sing Sing ; and also to J. C. Co-vel, M. D., physician to the city prison, is he indebted for an annual report of the *Governors of the Almshouse*,

embracing vital statistics of the New-York City Prison.

Although the author did hope to present a more perfect report of State Prison statistics, than he is at present able to give, yet it is believed that the few items collected are worthy of notice.

In preparing the following table, deaths by cholera, casualties, and suicides, have been excluded. And in the average term of sentence, those of course are not included who are incarcerated for life.

| Location of Prisons. | | | Time embraced in statistics. | Average No. of convicts. | Average term of sentence. | Mean mortality. |
|----------------------|----|--------------------|---------------------------------|-----------------------------|------------------------------|--------------------|
| | | | Years. | | Years. | |
| Alabama | at | Wetumpka, | 9 | 38 | | 1 in 10 |
| Pennsylvania | " | Philadelphia, | 20 | 121 | 3 | 1 " 11 |
| Illinois | " | Alton, | 2 | 120 | | 1 " 13 |
| Rhode Island | " | Providence, | 2 | 23 | 4½ | 1 " 15 |
| New-York | " | New-York city, | 1 | 390 | | 1 " 17 |
| Pennsylvania | " | Philadelphia co.P. | 14 | 201 | | 1 " 18 |
| Connecticut | " | Wethersfield, | | | | 1 " 18 |
| Virginia | | | | | | 1 " 22 |
| Maryland | " | Baltimore, | 18 | 321 | 3½ | 1 " 24 |
| Pennsylvania | " | Pittsburgh, | | | | 1 " 25 |
| Maine | " | Thomaston, | 25 | 38 | 5½ | 1 " 35 |
| New-York | " | Sing Sing, | 1 | 716 | 5½ | 1 " 36 |
| " | " | Clinton, | 1 | 157 | 4½ | 1 " 39 |
| Ohio | " | Columbus, | 16 | 415 | 4½ | 1 " 46 |
| Arkansas | " | Little Rock, | 10 | 33 | | 1 " 49 |
| New-York, | " | Auburn, | 1 | 512 | 4½ | 1 " 73 |
| New-Hampshire | " | Concord, | 36 | | | 1 " 79 |
| Massachusetts | " | Charlestown, | | | | 1 " 100 |
| Missouri | " | Jefferson City, | 5 | 150 | | 1 " 107 |
| Michigan | " | Jackson, | 10 | 97 | | 1 " 107 |
| Kentucky | " | Frankfort, | 6 | 166 | | 1 " 111 |

In looking over the above table, the reader will probably be struck with the great disparity in the bills of mortality of the different prisons, and may feel inclined to ask what meaneth this, that ten times as many die annually in the Eastern Penitentiary of Pennsylvania and eleven times as many in Alabama prison, as in the prison of Kentucky? This important question I do not pretend to answer; but if I was a physician to either of those prisons in which less than three out of four live to serve their time out, I might feel inclined to investigate the matter a little. But as I have had no experience in the management of such institutions, it would hardly become me to give advice to those who have, yet something must be wrong, and especially in so salubrious a locality as Philadelphia. Hence, one can hardly refrain from advising all the uncaught rogues in the Key Stone State, who will not reform, at least, to emigrate to Kentucky, before further prosecuting their vocation, unless it is better to die soon than to live long in prison, or to escape.

In regard to her penal discipline, we think Pennsylvania has reason to be somewhat suspicious of her favorite system of punishment, and we can hardly avoid the conclusion that it would be well for her to try the congregate system, instead of solitary confinement, and see whether the bills of mortality and "morbidity" will not as they do now emphatically rebuke her present system. One would suppose, that to be shut out from the world from month to month, and from year to year, to know nothing of all that is done under the sun, save the doleful

monotony of a gloomy prison, without the sympathy of a friend, where everlasting silence, with few exceptions, is enjoined ; and bolts and bars, and locks and keys rebuke the guilty—and granite walls cease not to frown upon the stricken mortal, both day and night, would be sufficient to well nigh crush the stoutest heart, without depriving him of the society of man.

But the reader may say, O, these convicts are guilty fallen creatures, and deserve nothing better than solitary confinement, however much it may depress both body and mind ! Not only must “he that thinketh he standeth, take heed lest he fall,” but we must pity those who have been overcome by temptation or passion, for who can tell how soon he may be in a condition to require the compassion of others ? Moreover, we must not too hastily conclude, that man, once fallen, is forever lost. That many convicts cannot be reclaimed, is doubtless true. But it is not true of all, neither do we believe that it is true of the majority. Many a wife has a husband, and many a mother a son, who have gone to those gloomy cells from the best circles, and to see such erring mortals, or indeed any others, reclaimed and restored to those who have ceased not to yearn over them, and to whose tears, and groans, and prayers, the midnight hour can testify, will gratify the heart of every true philanthropist.

But to return from this digression, it may be said that solitary confinement has little or nothing to do with the large bills of mortality in the Eastern Penitentiary of Pennsylvania, and possibly it has

not. But we will let our sister State speak for herself, through one of her favorite sons, Dr. Parrish:

"From the last Annual Report of the Eastern Penitentiary, we learn that since its opening in 1829, to the close of the year 1848, 2421 prisoners have been confined there, of whom 214 have died, being a mortality of nearly ten per cent.

"In the County Prison, from its opening in Tenth Month (October), 1835, to the close of the year 1848, 2818 prisoners were admitted to hard labor, of whom 155 have died, being an average mortality of 5.50." "This disproportion between the two institutions is believed to be in a great measure attributed to the difference in the length of the sentences of their inmates."

"The mortality in both institutions is sufficiently high to excite anxious inquiry, and to create doubts as to the favorable influence of their discipline upon health. When it is remembered, that the inmates of prisons are composed chiefly of young and middle aged men," "this amount of mortality is the more striking."

"It must be confessed, that the large amount of insanity and mortality revealed by the reports of both these institutions, has created in many candid and humane minds, strong doubts as to the safety of the discipline adopted therein."

"Whatever may be thought of the practicability of the Pennsylvania system, and of the superiority of the principle upon which it is based in a moral point of view, it is evident that, unless the results which

have thus far attended it, can be altered by an administration more consonant with the laws of mental and physical health, this great experiment in penal discipline, for which Pennsylvania has become so distinguished, must fail of its humane purposes. *Report of the Sanitary condition of Philadelphia. By Isaac Parish, M. D.*

Let us for a moment turn our attention in another direction. "The effect of confinement and discipline in the New Hampshire State Prison, is salutary, partly from the compulsory abandonment of irregular and intemperate habits, and partly from the forced observance of strict hygienic rules. The inmates suffer from all prevailing diseases equally with the people in town, but all affections are more under the control of the physician, and treated with better success."—"The fact that the rate of mortality for thirty-six years is only 1 to 79.21 of the whole number, the average in the town for ten years being 1 to 66.56, shows that the prisoner enjoys an advantage over his more fortunate brethren without."—*Trans. of the A. Med. Association, Vol. 11, p. 447.*

Not exactly. You must remember, down there in the "Granite State," that more than one-third of your inhabitants die before they are eligible to such a post, which affects the general bills of mortality very materially. But that your prisoners enjoy an advantage over their fellow-men who have forfeited their liberty, and find themselves in close quarters in certain other prisons, we very cheerfully admit. And not only so, but we would take the liberty of

presenting our thanks to all such managers of prisons, as, by their humane and wise proceedings, reduce the bills of mortality to two per cent. But by no means would we have them rest satisfied with this, or with *any* thing short of sending home every one to his friends, with as good *health*, and better *morals*, than he exhibited at his own fire-side. Of course we do not include those who are imprisoned for life.

JUSTICE AND HUMANITY.

Although we have no affinity for that sickly sympathy which would break the strong arm of the law, and tear down the walls of separation between the philanthropist and the demoniac, yet, in the name of humanity, we insist upon having the penalty of a violated law so administered, that the culprit shall feel that it is the same spirit of kindness and good will to man, that turns the key upon one, as that which throws open the doors to another. The time was, when kindness to prisoners was considered either superfluous or unsafe. Happily a brighter day is dawning. Still there are those who seem to have more faith in the "*cat*" than in kindness, and to show such ones what kindness can do, I beg leave to quote a few paragraphs from the interesting and deeply affecting report of the WARDEN to the Directors of the Ohio Penitentiary, in relation to the ravages of the cholera, &c. This epidemic fell upon the poor prisoners at Columbus with terrible severity, and in a few days swept off one hundred and sixteen, *or a little more*

than one-fourth of all the convicts! together with two physicians who also fell victims to the pestilence! Let the reader listen to Col. Dewey's thrilling description of the scene.

"On the 9th of July, the sickness increasing, I called in to aid Drs. Lathrop and Trevitt, Drs. B. F. Gard, R. Thompson, J. B. Thompson, J. Morrison, Norman Gay, and several medical students and nurses.

"The condition of things in the prison at this time can better be imagined than my feeble pen can describe it. The panic among the prisoners was distressing. Labor was entirely suspended in the workshops, and on the State House. There were not well ones enough among the prisoners to take care of the sick. The hospital was crowded to overflowing with the sick, the dying, and the ghastly corpses of the recent dead. Groans of anguish and despair, shrieks and cries, imploring appeals, and the appalling death rattle of the dying, mingled in sad, not to say hideous confusion.

"A large number of the guards, panic-stricken, fled, when their assistance was most needed." "The panic extended into the vicinity about, depriving us of the assistance ordinarily volunteered."

"At this time the strict discipline of the prison, was, from the necessity of the case, relaxed. The prisoners were permitted to converse with each other. All grades of character were exhibited, from manlike heroism, and stoical indifference, to the most timid, sensitive and shrinking agitation.

"Indeed the situation of the prisoners was such as to weaken and overcome the ordinary fortitude of

men. The impulse to flee was checked by frowning prison walls, while death and sore distress reigned on every hand. To pass through the prison yard, at this time, was a trial of heart and nerve. It was impossible to meet the eager throng that gathered about at every step, and hear their piteous appeals, without emotions deep and painful. "In the name of God, sir, can we not have our pardons?" "Is not the Governor coming?" "Will not the Governor come and have merey on us?" "Must we be kept here to die?" "Our punishment is too great!" "For the love of Jesus, speak to the Governor in my behalf!" "I plead for my liberty, my life!"

"Others would submit more passively to the necessities of their condition, and would agree together, in case of an attack of the disease, to aid each other.

"At this time the prisoners entreated earnestly, importunately, and in many cases in terms of moving tenderness, that they might not be locked up in their cells, assuring me of the best behavior in return for such forbearance."

"In my own judgment, as well as that of others, their condition required, as far as possible, a relaxation from the ordinary strictness of prison discipline. I therefore resolved upon the somewhat hazardous experiment of leaving them out of their cells."

"Many feared unpleasant consequences from this relaxation of discipline, and predicted insubordination, mutiny and revolt; as the prisoners had almost unprohibited opportunity to converse with each other. Fears like these, however, happily were not realized.

“The prisoners generally seemed penetrated with a deep sense of gratitude, in view of the forbearance with which they were treated, and the interest which was manifested in their welfare and safety. They were efficient and useful ; in many cases bold, unflinching, and persevering in administering to the wants and relief of the sick.”

“During sixteen days and nights this state of things continued, when no key was turned upon a prisoner, and yet the most perfect good order and subordination prevailed among them all that time.”

“These sixteen days and nights may truly be said to have been the ‘reign of terror’ in the Penitentiary. Certainly the ‘King of Terrors’ reigned over us with a vengeance, claiming numerous victims.

“I have the melancholy duty of recording on these pages the death of two devoted and distinguished physicians, who fell martyrs to their zeal and fidelity. I refer to the late Drs. Lathrop and Gard.

“The Governor was sent for by telegraph, and promptly repaired to the seat of government, to lend such official aid as the exigencies of the case seemed to demand. Many were pardoned ; but it was soon found that the poor fellows were safer within the walls than without, for their presence created a panic, and people shunned them as a walking pestilence, and if attacked by cholera, they were almost sure to die for want of care. One who was thus pardoned, was attacked and was brought back to one of the prison hospitals, where he was taken care of till he died.”

It is a little remarkable that, although the total number of commitments for the year was 12,596, yet not a single death by cholera occurred in the New-York City Prison among the convicts. True, their stay was very brief. The inmates of the New-York State Prisons at Auburn, Clinton, and Sing Sing were also equally fortunate.

In concluding my remarks on Prisons, and their inmates, I beg leave to say, that there is probably no more fruitful source of disease and death in these gloomy habitations, than the want of proper ventilation, and a happy frame of mind. Cannot prisons be thoroughly ventilated? Why not? Should not the prisoner have at least the privilege of breathing *pure air*? Again I ask, why not?

The depression of spirits, from the very nature of the case, is an evil not so easily remedied. Indeed it *cannot*, says one, and *should not* be remedied, says another. Yes, it both can and should be, to some extent. Will it inspire hope, gratitude, and love, and all the better feelings of man, to depress and degrade him to the very lowest extreme? To let him know that you care not how much he is despised—how often his wounds are made to bleed afresh—how little pity he receives from without and within—how prolonged his degradation, and how keen his despair? Alas! who can stand long under such a burden? It is worse than the sting of a scorpion, and bite of a serpent. Do not altogether neglect and forsake them, although they have fallen from a great height into a deep and dark abyss. They may, perhaps, with a little encouragement, come up by and by, to

make glad their friends, and to make amends for their errors.

“A close observation for the last two years, of the effects of letter-writing upon the minds of the convicts, has served to increase the conviction formerly expressed, that the practice is decidedly beneficial in its tendency, and ought not to be discontinued, nor diminished to any considerable extent. The effect of entire non-intercourse would be extremely injurious to all who have friends, especially so, to those who are possessed of arden temperaments, and also to those who are confined on long sentences. It almost uniformly induces melancholy, recklessness, hatred, or revenge. Those who do not for a long period hear from their friends, often give vent to their feelings in such language as the following: ‘Well, they have all forgotten me’—‘No one cares for me now’—‘Even my wife has forsaken me, and my own children will soon forget me’—‘If my friends do thus cast me off, I shall never go near them again’—‘Well, it is no matter what I do now, I cannot be more despised or worse off, let me do what I will.’”
—(*Annual Report of the Inspectors of State Prisons of the State of New-York, 1850, p. 126.*)

The same document, in quoting the language of the Warden of the Ohio State Prison, says, “The writing to and receiving letters from friends, is to them (the convicts) a source of the highest gratification. Those who have not seen it, cannot form an idea of the extreme eagerness and avidity with which they seize their letters and read them. The friends of the convict cannot be aware of the *immense good* which

may be done by writing to them ; expressing sympathy, and giving encouragement, and thus, fallen as they are, help on their restoration to the honest walks and pursuits of life. Also great mischief may be done by the neglect of friends. The tendency (of neglect) is to make the convict feel that he is abandoned of God and man, and frequently he becomes more hardened in his viciousness, and yields himself to despondency and despair."

Of one who had for a long time looked in vain for letters from a brother, the same gentleman says : "At last he ceased to inquire for letters, and gave himself up to hopeless melancholy. He broods in silence over his woes ; his health has become infirm ; and he seems to be rapidly pining away. The disgrace and degradation of his situation he might have partially recovered from ; but to be neglected, despised and abandoned by a *brother, sent the iron to his soul.*"

MORE POLITE THAN KIND.

I make these interesting quotations, not only because I suppose that the majority of my readers may not have access to these affecting and interesting reports, but because the tendency of neglect is the same every where. It crushes the throbbing heart of the forsaken, whether within, or without the prison. The individual referred to, is not a solitary case of "pining away" in consequence of cold neglect. How many treat their fellows who are guilty of no crime at all (except poverty) with more indifference than they do a respectable *Newfoundland dog* ! Others are famous

for giving the *muscles of Politeness* more than an ordinary task to perform, and bow to all they meet, while their hearts are as cold as an *iceberg*.

CHANGES.

MORE BREAD—LESS PHYSIC.

The question is frequently asked, why physicians give so little medicine to what they did formerly. The reason may perhaps be said to be three-fold. They understand the nature of diseases, in some respects, better, and also the effect of remedies. But this is not all. A change in the constitution, demands a modified form of treatment accordingly.

CHANGE OF CLIMATE.

Our climate is not what it was fifty years ago, when the cold was so great, and long continued that the waters of our beautiful bay were so locked up, as to form a perfect bridge, on which the ponderous cannon were hauled to Staten Island with as much safety as if the hidden fires had upheaved to the surface of the water, from the bowels of the earth, a gigantic rock, forming a granite turnpike, from shore to shore.

CHANGE OF CONSTITUTION.

Since that period, not only have many systems of practice and belief, both good and bad, both true and false, both wise and foolish, both safe and hazardous, had their day, and like nations, kingdoms, and customs, been upturned and overturned, but there has also been a change in man's constitution.

Now, whether the change in our seasons, or our mode of living, or whether something else has modi-

fied the system, so as to require less drugs, or a milder class, it matters not. *Facts*, instead of theories, must be our guide.

CHANGE OF TREATMENT.

Formerly, the system was full of vigor. Man had a lion's constitution, and when disease took hold of him at all, it was *lion-like*, and required a corresponding treatment. Then inflammations prevailed, and of a high grade, making a free use of the lancet indispensable. Then other heroic remedies were *successfully* used, and *fatally* withheld.

A PLAIN HINT.

Now the constitution is below par. The nervous system is depressed. Diseases tend to a low or typhoid state, and hence the treatment of a majority of diseases requires to be *lamb-like*. There are, at the present day, more constitutions which need building up than pulling down. Hence my motto, *More bread—less physic!*

CAUTION.

But let us beware of extremes, and remember, that while disease prevails, remedies will still be found indispensable, and very likely the time will again come, when such heroic treatment will be demanded, as will pretty thoroughly shake the faith of those of the *milk-and-water-school!*

DISEASE.

What is *disease*? To answer this question satisfactorily, it may puzzle not only the invalid, but the sagest medical philosopher. He can very easily tell what it *does*, but not so readily tell what it *is*! He may eloquently and clearly point out the symptoms, the causes, and the remedies; and with great accuracy foretell the result, and yet leave the inquirer as much in the dark, as to its essential nature, as if he had said nothing, and would very much resemble a man who, being required to give a clear and intelligible explanation of the essential nature of electricity, should say that on a certain day one of the tallest elms on Boston Common was struck by lightning and shivered to atoms in the twinkling of an eye, and conclude further information to be perfectly unnecessary.

THEORY.

“Perhaps it will ultimately appear,” says a talented writer, “that the essence and phenomena of all disease, consist in a strife between the laws of organic and inorganic being; the former endeavoring to preserve inviolate, organisms and affinity in which they are temporarily and for special ends, located by the Creator; the latter, for ends equally definite and wise, though to us obscure, seeking to recover organic atoms and affinities to their inanimate empire. To the antagonism of these two grand and all-dividing principles, it will, I appre-

hend, be found that the essence and phenomena of all disease, in its germ, development, and inconsistent course, and even the predisposition to all disease, are entirely to be attributed."

PRIVILEGE AND DUTY.

Be this as it may, of one thing we are absolutely certain. The laws of inorganic being must ultimately prevail. Still it is our privilege, and no less our duty, to use all proper means to keep the vital spark alive. This, I remarked at the outset, could be more effectually done by suitable regimen—by proper care on our part, than by all the assistance of doctors. In short, every man is bound to be his own physician, until he finds it necessary to employ those of more skill. Not only so, but every man is in duty bound to be a physician to his *neighbor*, and at all times, and under all circumstances, give such hints, put forth such efforts, and use such means, as opportunities may present, and indications demand. But not a few *Cains* are ever ready to cry out, "Am I my brother's keeper?" While others shout, "Physician, heal thyself." And yet others, "What is that to us, see thou to that"—"Let us alone!"

Still it must be remembered that we are not our own, and that we are living not merely for the present generation, but for those also who shall occupy our places after we are hid in the dust. It therefore becomes us to act worthy of responsible agents.

ADVICE.

Perhaps the reader may say, I have wandered long enough, and far enough among the tombs of the living, and have seen enough, and heard enough, on the subject of longevity, mortality, and "morbidity" in prisons, and elsewhere, please give me some advice touching my own individual welfare, for I have long had an anxious eye on this volume of "Helps," expecting to find a hint for every error, and a specific for every pain.

Then, indeed, you expected a little too much ; for it is not a very simple matter to give wholesale prescriptions to the sick, which are wisely adapted to every invalid's case ; at least, it is not so easy to throw out physic to men, as corn to chickens. Moreover, in giving a few hints, I did not expect to make *physicians* of all my readers, nor raise up all the bed-ridden.

UNJUST CHARGE.

But perhaps it may here be proper for me to say a word to the indisposed, inasmuch as the physician is sometimes accused of a disposition to mystify his doings, or withhold useful information from the public. A charge most unjust. Probably no man (clergymen excepted) has ever published more for the general good, than the physician.

TRY FASTING.

Well, first ascertain whether nature needs your assistance, (except negatively,) before giving large orders for drugs. And if you find it difficult to decide the question whether you are well or ill, I suspect that you had better let the apothecary keep his drugs on his shelves, and let the butcher keep his meat in his stall, until you try fasting at least one day, or live on bread and water, or gruel. Still, medicine, though often needlessly used, and frequently improperly selected, both as to quality and quantity, is nevertheless good in its place, and may be required.

But that we may derive all the benefit from its use which is desirable, or at least attainable, it seems important to first ascertain what is the matter. To do this, it will aid us somewhat to bear in mind that, besides the happy medium, there are two other conditions of the system, in which it may be said to be either *above* or *below* par.

FOLLOW COMMON SENSE.

Now, in sitting down to consult all their friends and neighbors concerning what *is*, or what *ought* to be the condition of things, many seem to forget to take a little advice from *common sense*. She often gives very appropriate counsel, and makes most excellent prescriptions, though she not unfrequently rejects a multitude of theories, and sometimes calls the wise-in-their-own-eyes, *fools*. It is not a little strange that so honest, so sensible, and so safe a guide should be so seldom consulted!

Well, suppose a man to have indulged pretty freely at the table. His digestive organs have power to appropriate almost everything which comes in their way to building up, and filling up the system to an unusual extent, so that every vessel is loaded with blood, and every organ burdened with fat. At length one week's debauch develops a fit of the gout. To cure him, would common sense say, stuff him with *roast goose*?

Not at all. He is too full already. Well, then, what is the reasonable course to take in *all* cases?

Why, simply this. If the system is above par, reduce it. If it is below par, raise it. If the patient is surfeiting, starve him. If starving, feed him. If there is too much action, reduce it. If too little, increase it. If there is too much blood in the system, diminish it. If too little, replenish it. And if the equilibrium is not disturbed, let him alone.

Nature, facts, and common sense, all subscribe to these rules, and by keeping them in mind, it will aid us in making a proper selection or rejection of remedies. Recollect that I am now supposing the patient to be so situated that medical advice is not available, which is my only apology for calling the reader's attention to the following miserable substitute.

COMMON SYMPTOMS OF INDISPOSITION.

Perhaps you have been somewhat indisposed for several days. Have noticed that a little exertion makes you weary. A trifling affair frets you, and makes you unhappy. Your appetite is bad, your sleep less refreshing than usual. Occasional chills

and flushes possibly disturb you, together with pain in the head, back and bones. Excretions may be unnatural, eyes dull and heavy, skin rough and dry, tongue coated, bad taste in the mouth, and the mind more or less depressed by day, and disturbed by dreams at night.

Now all these symptoms may not be present in any one case, yet a sufficient number may indicate such derangement of the system as to call for remedial agents. And in a majority of cases, the following course may be pursued.

TRY SIMPLES.

Take at night a warm bath, if circumstances will permit, and if not, be sure to take a foot-bath, and if convenient, let it come up to your knees, and make it thoroughly stimulating by the addition of red pepper, mustard, or salt. Don't forget the friction. The great value of this bath, I have already noticed. (See page 79.) Before you retire, take a blue pill about the size of a common pea. Eat no supper. Take a glass of toast-water, if you wish. If there is pain in any part of the body, below the head, wrap it up in a mammoth poultice. I have also spoken of the benefit to be expected from the use of this agent. (See page 81.) If there is much sickness at the stomach, precede the blue pill by an emetic, and indeed if there is not, it is well—say a teaspoonful of Ipecac in half a pint of warm water, in two equally divided doses, with an interval of ten minutes, and afterwards drink warm water freely till vomiting ceases.

In the following morning, take a brisk cathartic, and if it does not operate freely in six hours, take half as much more. A little ginger, spice, or cinnamon added, will prevent griping. Take no breakfast, except gruel, and dine on the same, and again retire without your supper, after taking the bath with plenty of friction. The third night and morning proceed as on the first, unless a decided improvement is the result. Tepid water injections will be found serviceable.

After the unpleasant symptoms disappear, the patient can gradually and cautiously return to a nourishing diet. Daily exercise in the open air, when compatible, should never be neglected. But remember that this treatment is not intended for a patient who has been starved, or half-fed, previous to his indisposition. A good *cook*, for such an invalid, would probably be the best doctor to be had.

DIFFICULTIES AROUND.

It will be understood that various modifications of treatment may be required, which it is impossible to foresee, and for which, even the medical man himself cannot provide. For when he is present to investigate cause and effect, to compare present symptoms, with the patient's history of the past; to examine important organs, watch the course and progress of disease, the effect of remedies, and various other phenomena which I need not mention, he often finds his skill and efforts inadequate to produce the desired result. This must make the difficulty of giving general directions to the inexperienced, quite apparent to the reader.

MODIFYING CIRCUMSTANCES.

The *quantity* of medicine to be given in any case, depends upon a variety of circumstances, such as the stage of the disease, its acute or chronic character, strength of the patient, nature of the malady, the remedy, &c. But the *age* of the patient is perhaps the most important circumstance to be considered. In regard to which, the following rule for administering medicine, is sometimes adopted :

The ordinary dose for an adult being 1

That of a person from 14 to 20 will be 2-3

7 to 14 " 1-2

4 to 7 " 1-3

3 " 1-4

2 " 1-6

1 " 1-12 to 1-8

EVERY TABLE IMPERFECT.

Now, although in the main, this may be considered a pretty safe guide to follow, yet it is far from being perfect. In regard to cathartics, for example, children require a larger dose, in proportion, than adults, owing to an accumulation of mucus in the intestines, which, to some extent, prevents its effect. Take another class of remedies, narcotics for instance, and the effect is reversed. For example, to make an infant sleep, give it a dose of *laudanum* according to the above table, and the probability is that *it will sleep too long!* The inexperienced cannot be too cautious in the use of all powerful remedies.

It will not be expected that I shall here notice either the causes, symptoms, or treatment of all the maladies which afflict mankind. I shall barely give a few brief hints in relation to a few.

CATARRH.—(COLD.)

“Doctor, what is good for a cold?” is an every-day salutation. Before I answer this question, I would remark, that “prevention is better than cure.” But how shall we guard against an evil in which every one is more or less involved? Certainly not by shutting ourselves up in a confined atmosphere. This is the very way to take cold.

BEST SAFEGUARD.

Although we have already seen that this affection is not so productive of destruction as many seem to suppose who can hardly believe in the existence of any other morbid agent, yet it is sufficiently prejudicial to health to call for such measures as seem best adapted to prevent its approach. In the first place let me say, that whatever tends to keep all the important organs of the body in a state of integrity, and to promote strength and vigor in the system, is the best safeguard against an attack. To do this, take plenty of exercise in the open air. Let the body be well supplied with flannel, especially in cold weather. Use cold water bathing and friction. Keep the feet dry and warm. Avoid strong draughts in a state of fatigue or perspiration. *Never discharge a cook for giving you plain food!* and just bear in mind that those who live out door the most, take cold the least.

TREATMENT.

As to the *treatment*, almost every one has some specific, and yet there is plenty of coughing, and snuffing, and sneezing throughout the land. And although the author is ready to confess that he has *no* specific; yet while one says, "feed it," and another says, "starve it," and the third says, "let it alone," he would say, in the language of one of old, "I will also show mine opinion."

Early in the disease, take an emetic, then take a warm bath, or at least a foot-bath, as before directed, drink a cup of hot red pepper-tea, well sweetened, take a blue pill and go to bed, and if you can afford to get well very soon, stay there, and keep warm, and you will find that your cold will soon disappear. Follow the blue pill with a mild cathartic the next morning, and live on gruel and keep quiet.

RELAPSE.

After you suppose yourself nearly cured, then look out sharp for a relapse. No disease has a stronger tendency to return. If any one should now unfortunately invite you to an evening party in a damp cold night, have courage enough to say *no*, and wisdom enough to *retire*.

CONSUMPTION.

I have already more than once incidentally noticed this dread disease, and shall now only call the reader's attention to the importance of an early acquaintance with any predisposition which may be present. It is a lamentable fact, that, when once developed, little can be done to stay its terrible ravages. Hence those who are predisposed ought to know it, and know it *early*, painful as it may be to the physician or friends to communicate it. To point out the danger after flesh and strength have departed, and the hectic flush, the consuming cough, and the wasting night-sweats have come, will be of about as much service, as to whisper in the ear of a condemned criminal, the important intelligence that he is within a hundred rods of the gallows, with an excellent road before him, which will enable him to arrive in safety, and be comfortably seated on the platform, in less than twenty minutes.

LET THE TRUTH BE TOLD.

The reader may be inclined to ask, how shall I settle this momentous question, whether I am predisposed or not? Ask your family doctor, if he has not already given you a hint, and abide by his advice, and not be too ready to say, "O there is nothing the matter, only I have taken a little cold." Has consumption taken off your ancestors? Did it hurry a father or mother to an untimely grave? Have your brothers or sisters been plucked as rose-buds just beginning to bloom, by its withering hand? Or

has *Scrofula*, its twin sister, broken the happy circle, sending some to their long home, and leaving its ominous mark upon others? If so, then you have sufficient reason for caution, for although you may now be apparently in good health, sailing safely along, as you suppose, upon a smooth and noiseless sea, yet before the earth shall have made another circuit around the sun, you may be swallowed up in that great *pulmonary maelstrom*, where a host that no man can number, sink to rise no more until the resurrection day.

Now I am well aware that greater encouragement, would be more acceptable, but the truth had better be told. True, you may escape, and live to a good old age, but it will require the greatest care on your part, and this fact you had better know.

Again, I remark, that, if in addition to this hereditary taint, you have a *dry hacking cough*, (which generally passes off for a slight cold, though little short of a voice from the grave-yard,) a *frequent pulse*, and a continued *loss of flesh and strength*, you have strong reason to expect to find a remedy in the tomb, long before you are three score years and ten! The course necessary to be pursued to avoid this consuming agent, has already been pointed out, under the heads of diet, exercise, &c. *Keep the general health as perfect as possible.*

RUSH OF BLOOD TO THE HEAD.

People often ask, "What is good for a rush of blood to the head," when they might, with nearly as much propriety, ask what is good for a rush of blood to the *heel*. I do not mean to say that such an affection is rare, or of trifling importance. It is both frequent and formidable, and often requires prompt treatment, such as the use of active cathartics, frequently blood-letting, cold applications to the head, hot applications to the feet, mustard plasters to the legs, and over the spine or stomach, stimulating injections, head elevated, and all obstructions removed from the neck, &c. But I do say, that when this question is *asked*, nine times out of ten, there is none too much blood in the head, and possibly not enough. I would therefore caution the reader against resorting to the above active treatment whenever the head happens to be a little sympathetically affected.

RUSH OF TRASH TO THE STOMACH.

Now, reader, if you will begin at the stomach (perhaps I ought to say at the mouth) to rectify the evil, and will make thorough work of it, the probability is, that you will soon experience a happy termination of the ringing and gingling of bells in your ears, fulness and pain in your head, sickness at the stomach, dancing motes in your eyes, faintness, dizziness, blindness, and other unpleasant symptoms.

WRONG CONCLUSION.

But if you suffer your attention to be all taken up

with the head, and go on applying to it, this, that and the other remedy, while you keep on stuffing the stomach with all sorts of incompatibles, you will very much resemble a man who should thrust into his stove, shavings, pitch, fire, and brimstone, and then run up on the top of his house with a bucket of water to protect the roof, and with a cake of ice to cool the top of the chimney !

But do you ask, when can I with impunity indulge my palate freely with such luxuries as sweet-meats, nuts, tarts, hot-cakes, mince-pie, roast-goose, apple-dumplings, fried-clams, and suet-puddings? Just when the miller can give you good flour from *corn-cobs*, and when the baker can give you good bread from *saw-dust* !

GOUT.

The above remarks will also be found quite applicable to those who are afflicted with this painful affection. Gout in the toe, generally begins in the *stomach*. True, it is often hereditary, but it is also acquired, and generally appears among the well-fed, and not over-worked. I have never yet seen a case among wood-sawyers, or hod-carriers. A writer observes that, "the immunity from gout enjoyed by *women* is very notorious." Perhaps, when it thus occurs, it is modestly called *neuralgia*. It rarely attacks either sex before thirty, and after fifty it is said that the liability decreases rapidly.

TEMPERANCE THE REMEDY.

Although I do not intend to speak of remedies, as almost every mode of practice is too often unsatisfactory to both physician and patient, yet I would remark, that much can be done by temperate living, to prevent an attack. But this hint will probably have little weight, for who will own that he is *intemperate*? And who will practice self-denial to avoid a disease which only occasionally kills a man? Even those who know that they have a hereditary predisposition, seem to eat on the faster, that they may not fail to transmit to their offspring a legacy which will cause them to be remembered.

Such persons remind me of a man travelling through a country abounding with rattle snakes, who, taking it for granted that he shall hardly escape their poisonous fangs, should seize upon the first that he could find, thrust it into his bosom, and pinch its tail to make it bite.

OPHTHALMIA.

Perhaps it may be proper for me to give a few hints respecting diseases of the eye. Probably there is no organ in the body, except the stomach, which is more abused than the organ of vision. And if we except *vital* organs, there is certainly none which is more indispensable. The prospect of becoming blind, rarely fails to excite the most painful feelings in the mind of the sufferer, and to lose all useful vision, is truly a calamity to be deplored by all. The abuse of this beautiful apparatus is two-fold. It is abused

in *health*, by being overtaxed. It is often abused in *disease*, by being maltreated.

BEWARE OF BRIGHT LIGHTS.

Many persons use their eyes too much by artificial light. No one who complains of pain, weakness, or impaired vision, should read at night, or do any work which requires a constant use of this organ. And if many persons would observe this rule even by day light, for one year, they might reasonably expect to enjoy good vision afterward, through life, who without this observance will sooner or later need some one to lead them by the hand, whether they are now aware of their danger or not.

REST.

When the eye has been used to excess there is no treatment equal to *rest*, though other remedies may also be needful to restore it to its former vigorous state. Whenever the eye is destroyed by disease, it is generally on account of *neglect* or *self-treatment*, or, what is often still worse, the *mal-treatment of quacks*.

BOOK ADVICE.

As many diseases of the eye in the incipient stage appear so trifling to the inexperienced, that not the least danger is suspected, though the most serious consequences frequently follow, I feel somewhat reluctant to give any directions for self-treatment, lest some one by trying what the book says,

should lose the favorable period for arresting the malady, and disastrous consequences be the result. Indeed those who live in cities and towns where medical aid is always at hand, need no book advice.

ACT CAUTIOUSLY AND PROMPTLY.

But the reader may be so situated that a few plain, simple directions, may possibly promote his welfare, and with this in view, I call his attention to a few suggestions. Of course I shall be brief; for, in the first place, I can say but very little that will be of any practical value to any one who does not understand the distinguishing marks of different ophthalmic diseases, and the effect of different remedies, &c. In the next place, almost any disease of the eye will permit the patient to travel, in case that suitable medical aid cannot be otherwise obtained, and therefore the treatment that I shall herein recommend, will have reference to an acute attack of inflammation, and will be mainly calculated to arrest the force of the disease, and thereby avert immediate danger, until requisite treatment can be obtained.

PURIFY THE FOUNTAIN.

The reader will bear with me while I again call his attention to the stomach. This is the point where "line upon line" is required even in every disease, and in all inflammatory affections of the eye it is of the first importance to pay careful attention to the digestive organs. To attempt to cure ophthalmia and neglect this, would be like trying to purify the stream without any attention to the fountain.

TREATMENT.

The first thing therefore to be done, is, to stop eating. Cut the diet right down at once, and this is full half the treatment. It will be understood that I am now considering the patient to be in ordinary health and strength, except the local difficulty, and the disease to be in the acute stage. At night take a blue pill, if conveniently obtained, and the next morning a dose of Epsom Salts or Castor-oil, say an ounce, or a sufficient quantity to produce a copious evacuation. If needful, this may be repeated the second or third day according to circumstances. Eat nothing richer than gruel, rice-water, or arrow-root, not a particle of animal food. Bathe the eye in water, warm or cold, which ever is the most grateful to the part. If the eye is painful, a drop or two of laudanum in a spoonful of water, may be used as a wash frequently through the day.

To prevent the lids from sticking together at night, grease the edges with fresh lard. It is a very common practice with many to poultice the eye, and which is about the worst thing that can be done, and almost the only case where a poultice does harm.

KEEP OUT OF A DUNGEON.

Another error which is frequently committed, is, to shut up one's self in a dark room. If there is great intolerance of light, the room may be moderately darkened. Otherwise there is no call for it. Take two doses of pure air, to one of physic.

KEEP OFF THE GOGGLES.

To put goggles on the eyes, is another injurious application. The eye should not be smothered in any such way. Keep off your goggles, bandages, poultices, and everything else but a simple shade. Let the eye have air, and the lungs too, *pure* air and plenty of it.

Much other treatment may be required, according to the nature and violence of the malady, but as the aid of a physician will be needful, I will not enlarge upon this subject. See that you employ a man who thoroughly understands his business.

BELOW PAR.

It will be remembered that the treatment above described might do more hurt than good, when the constitution is below par. I have often noticed at the Eye Infirmary, that when patients who have had a scanty supply of food, and of an inferior quality, which is often the case among those who are treated at that institution, are put upon a generous diet, together with tonics, they rapidly improve. It is a well known fact, that in any disease, a hardy, well-fed farmer requires more active treatment, than one whose sedentary habits and short allowance reduce the system.

BECOMING DEAF.

Let me make a remark in relation to another important organ, viz. : the ear. Whenever you find that from some cause or other you are becoming

slightly deaf, just bear in mind that *the chances for treating the affection successfully are far greater within the first six months, than after that period.* Therefore delay not, though it be attended with little or no inconvenience. For if it does not get better, it will be very likely to get worse. Keep all manner of stuff, such as cotton, wool, &c., out of the ear, for it does more harm than good. Go at once to a physician, for you will do it very little good yourself.

WORMS.

It seems to be a principle in the economy of nature, that almost every species of animal, either during life, or soon after death, shall be subject to the depredations of some other species.

This is a wise and salutary law, and, as far as dead bodies are concerned, it is not difficult to perceive its adaptation to the welfare of the living, for many noxious gases which would otherwise accompany chemical decomposition, are thus prevented. And what is still more important, there is a supply of matter already organized, capable of being readily assimilated to the textures of those animals which are destined to feed upon the dead body.

MYSTERY.

“But the occupancy of living bodies by parasites, presents us with a more remarkable and less understood feature in the law of predation, one indeed for which it is difficult to find a satisfactory explanation.”

“But whatever may be the final cause, it is an admitted fact that almost every species of animal is liable to be infested by its peculiar parasite or parasites, which are developed in and protected by its various textures, and draw their sustenance from its juices, while man is so far from constituting an exception to the general rule, as to be subject to a greater number of parasites than any other living being.”

“Some of these are limited to the surface of the body, and cause but slight inconvenience; others penetrate the skin, and produce more or less irritation; while the greater number occupy the internal parts, and give rise to symptoms varying in character and intensity, according to the nature and position of the parasite.”

ORIGIN.

Many speculations are afloat respecting the *origin* of worms. Some contend that they are spontaneously produced. Others contend for their external origin in all cases, while some take a somewhat intermediate position. But this question we shall not discuss.

The *causes* of worms are also involved in much obscurity. Common observation shows that they are most frequently associated with a debilitated constitution, though the robust are not altogether exempt. Age has a modifying influence in their development, as in the infant at the breast and in adults, they are comparatively rare.

SYMPTOMS.

The body may be infested by multitudes, and yet no symptoms lead to any suspicion of their existence. Again, a host of symptoms often lead people to cry out *worms*, when not one is present, and thus they make worms responsible for all the unpleasant sensations of a life time. Pain in the abdomen near the navel, is often complained of, but many do not cause any pain. Moreover, pains of a similar character may be produced by other causes.

When the round worm makes its way into the stomach, it frequently produces vomiting. So when ascarides or pin worms, accumulate in the rectum, they almost invariably produce intolerable itching at the anus. Offensive breath, picking of the nose, and grinding of the teeth in sleep, and similar marks of irritation are common.

The evacuations are usually unnatural, and sometimes consist almost entirely of *mucus*. Frequently, *constipation* alternates with a *relax*. The appetite may be impaired, but often becomes voracious. But all symptoms are uncertain, except an exhibition of the worm itself.

TREATMENT.

The treatment of worms is two-fold. One class of remedies having reference simply to the expulsion of parasites, and the other to the correcting of that state of constitution which appears most favorable to their development.

For the expulsion of the entozoa, various remedies

are recommended. Some agents are given to dislodge and destroy them, others simply to expel them. For domestic practice I shall recommend the latter. I may however mention one valuable remedy which acts in a two-fold capacity; namely, spirits of turpentine. It may be given in doses of a table spoonful to a child ten years old, and less according to age, and if it does not act sufficiently as a cathartic, a brisk dose of physic may be taken. The second or third day, it may be necessary to repeat. Many different cathartics are recommended; such as calomel and jalap, scammony, gamboge, aloes, colocynth, and a very popular remedy throughout the United States is a combination of Pink and Senna, and perhaps as good as any.

The ascarides or pin worm which is confined almost entirely to the rectum or lower end of the alimentary canal, will be most successfully treated by injections. And probably there is no better agent for this purpose than spirits of turpentine. Salt and water, molasses and water, and various other injections may be used.

These worms are found in individuals of all ages, and frequently in countless numbers, though children are more especially liable to them. The marked symptom of these worms, is an intolerable itching at the anus.

CONSTITUTIONAL TREATMENT.

Strict attention to diet, and the exclusion of all unwholesome trash and indigestible articles of food are all important. Large quantities of coarse edi-

bles should be avoided. Bitter tonics, and preparations of iron, are useful, also exercise in the open air, salt-water bathing, and friction over the bowels with vinegar and salt.

SMALL POX.

I call the reader's attention to this loathsome and terrible disease, merely for the purpose of urging prophylactic measures. It is well known that when once developed, no power on earth can arrest it. There is no alternative but to let it pass through its regular and several stages. Medical treatment can avail but a little. "It is a melancholy reflection," says an eminent author, "that for many hundred years, the interference of the physician, often thwarting, but seldom aiding the efforts of nature, was calculated to diminish rather than to increase the chance of the patient's recovery."

It is also doubtful, whether modern practice has been attended with much better success. Early in the disease a brisk cathartic should be administered, the diet cut down, and the surface kept moderately cool. If the extremities are cold, bottles of hot water, mustard poultices, &c., will be found beneficial. During the stage of suppuration, or while the pustules are in process of maturation, cathartics may be daily required, such as senna and salts, calomel and jalap, castor-oil, &c. But, as I did not design to say any thing about treatment, I will call the reader's attention to a more important consideration.

VACCINATION.

For one of the greatest discoveries in the medical world, the human family are indebted to the indefatigable zeal of Dr. Jenner. I have briefly spoken of the introduction of vaccination by this gentleman, under the head of longevity. Although small pox does sometimes occur where the system has been subjected to the influence of vaccination, yet it is comparatively rare, and usually so modified as to cause little alarm, and is generally known by the name of Varioloid.

RE-VACCINATION.

It is a question of much importance whether *cow-pox* will protect the system for life, and if not, how long. Some contend that the influence is never lost as long as life remains. Others advocate the importance of re-vaccination, as often at least as once in ten years. And as there is no objection to this course, there being no danger attending it, and as the expense is trifling, and the satisfaction of a feeling of safety being well worth the cost and trouble of attending to it every decennial period through life, we would advise all to thus avail themselves of the prophylactic powers of this agent.

CULPABLE NEGLECT.

But what shall we say of those who take no pains to protect themselves and others against the terrible ravages of this scourge?

If the Legislature should pass a law subjecting every parent to a fine of fifty dollars, or imprisonment, for neglecting to protect a child for forty days against small pox; making the doctor also responsible for twice the amount, who should be the cause of such delay, it would be a more humane law than many which are now to be found on the statute book.

MEASLES.

The eruptive stage of this disease requires but little interference. There is usually little danger to be apprehended.

Keep the bowels open, the patient in bed in a moderate temperature, confined to a light diet, and cooling drinks.

It sometimes happens that the rash, after making its appearance, suddenly recedes, which is always unfavorable. The remedies most to be relied upon in such cases are, warm bath, warm stimulating drinks, and mustard poultice to the abdomen and chest, and hot applications to the feet. Diarrhœa, which so frequently occurs at the close of measles, is a natural and often salutary evacuation, and hence it should not be suddenly checked.

ERYSIPELAS. (ST. ANTHONY'S FIRE.)

This disease is usually a slight affection, characterized by a deep red color of the part, attended with a smarting or scalding pain. It may appear on any part of the body, but it occurs more frequently on the face.

TREATMENT.

This mild form of erysipelas may require but little treatment. Mild purgatives, cooling drinks, such as lemonade, very light diet, pure air, &c., are indispensable. There are two other forms of this disease, which are much more severe, and frequently prove fatal. But I need not notice them, as little can be done without a physician.

SCABIES. (ITCH.)

This is a very common and contagious disease, which may last for years, and *never tends naturally to a cure*. "The immediate cause of the itch," says a writer, "is now ascertained to be the presence of an insect, the *acarus scabei*; at least the existence of this insect is now placed beyond doubt." "But it yet remains to be explained, why the itch is so easily caught by only touching the hand of a person infected with it." This disease is more common in young subjects, and is generally seen between the fingers, on the wrists and on the flexures of the joints.

TREATMENT.

“The treatment consists in destroying as soon as possible the *acarus*.” “It lives sixteen hours in vapor of burnt sulphur; three hours in water; two hours in olive oil; one hour in the acetate of lead; one hour in pulverized brimstone; three quarters of an hour in lime-water; twenty minutes in vinegar and spirits of wine; twelve minutes in a solution of sulphuret of potash; and only from four to six minutes in a solution of hydriodate of potash. The ointment of this latter substance may therefore be considered as the best application to the affected parts, in the proportion of about half a drachm to an ounce of lard. Half a drachm of the sulphuret of lime, mixed with a little olive oil, and rubbed upon the palms of the hands twice a day, for ten or fifteen minutes each time, proves also an efficient remedy.”

From this, it appears that the insect can endure sulphur, the old popular remedy, much longer than either of the other articles named above. In the treatment, an occasional warm bath is good, as is the case in almost all cutaneous eruptions.

To disinfect the woolen clothes of patients, or any garment that cannot be washed, subject them to the fumes of burning sulphur. It is now to be hoped and expected that the reader will *kill the animals and stop scratching!*

CEPHALALGIA. (HEADACHE.)

This affection is one of the most common maladies to which humanity is subject. It varies from a slight uneasiness, to that severity which renders the patient well nigh a maniac. "It appears under so many forms, is produced by such a number of causes, is in its nature so variable, and is connected with such different morbid lesions, that a perfect knowledge of it, with a view to treatment, is obtained with the utmost difficulty."

Headache is sometimes caused by too much fullness of the vessels and is frequently attended with dizziness, blindness, ringing and roaring in the ears, &c. It is often attended with nausea and vomiting. The pain is also neuralgic, and frequently it is difficult to tell what it is. But probably, nine times out of ten, a disordered stomach and bowels is the cause. Improper eating and drinking, want of pure air and healthful exercise, too much *intellectual*, and too little *physical* labor, and various other causes produce it.

TREATMENT.

From what has been said, the reader will see the importance of attending to the state of the stomach. Indeed, if you treat this organ properly, you will have little cause to complain of the head, or the head of you. It is interesting to notice the remarkable sympathy between the stomach and the

brain. A slight disturbance of the stomach will cause the head to ache, and a slight concussion of the brain will cause the stomach to evacuate its contents. It often happens that the first symptom of a fatal disease in the head, is revealed through the action of the stomach. An ordinary meal will often prove the best anodyne for the headache, whereas, pain is frequently produced or increased by eating too much, or by the use of indigestible edibles.

SICK HEADACHE.

A form of headache, which is usually attended with vomiting, and is generally called "*sick headache*," is quite common. It is very easy to perceive that this modification depends mainly, if not entirely upon gastric derangement, for, when vomiting ensues, the pain usually stops. Moreover, an emetic, in other modifications, will often arrest a severe pain in the head.

In ordinary *colds*, emetics are invaluable, and in all bilious attacks. It should be remembered that there are some who cannot take emetics with safety, but they are rare cases, if the remedy is simple and properly administered.

CATHARTICS.

In this affection, and in almost every other, cathartics are often indispensable. I do not mean by this, that the patient should be perpetually taking this class of drugs, or any other. Not at all. Beware of such a conclusion. But I do mean that cathartics, at proper times, do more to remove the

ills to which flesh is heir, than any other class of remedies of which earth can boast.

Stimulating applications to the head and back of the neck, frequently give at least temporary relief. The practice of washing the head in cold water every morning, I believe to be a good one. It will not only prevent much headache, but prevent many colds.

Headache, combined with debility, may require tonics. But it is impossible to lay down directions which are applicable to every variety of headache, and every variety of constitution. The sufferer who is so situated as not to have the benefit of a physician's advice, must cautiously try the effect of such remedies as shall seem best adapted to relieve the pain. But *don't do too much*.

PREVENTIVES.

Preventives are more important than *curatives*. Eat nothing that disturbs the stomach—do nothing to impair the organs of digestion. Select your food with a view to long life and comfort; for with plain food, pure air, active exercise, temperate habits and a watchful eye, your frail car will soon enough run off the track.

DYSENTERY.

As some of my readers may suffer from this distressing malady without the assistance of a medical adviser, it may be proper for me to give a brief notice of the symptoms, causes, and treatment.

SYMPTOMS.

This disease is frequently ushered in by a chill and succeeding febrile symptoms. Sometimes, however, no chill or fever is noticed. Early in the disease there is uneasiness of the abdomen, soon amounting to griping pain. As the disease becomes developed, a frequent desire to go to stool is importunate, while the relief is transient. The discharges become thin, mucus or bloody. Ultimately the scanty evacuations produce distress, rather than ease, being accompanied with griping and straining. If the disease is not arrested, these symptoms become more alarming, the tenesmus and griping increase, and the abdomen becomes hot and tender.

CAUSES.

Dysentery spares neither age nor sex. It prevails more or less in all countries and climates. Depression, fatigue, anxiety, fear, unripe fruits, indigestible edibles, and drastic cathartics, may produce this disease, and especially when it prevails epidemically as it does at some seasons. Ill-ventilated apartments, impure water, and unwholesome food, will also prove an exciting cause. Exposure to cold damp night air,

after a hot day, is a powerful agent in producing this disease. But in our own climate, and among children, there is probably no more fruitful cause than filling the stomach with unripe fruit and unwholesome food.

TREATMENT.

In strong and robust constitutions, such as we often find in the country, bleeding may be the first thing required. But in domestic practice this usually cannot be done. Leeches if they can be obtained, may be applied around the verge of the anus with very great relief. Say a dozen for an adult with an ordinary constitution, and if the patient be of a stout, full habit, put on the second dozen in eight or ten hours.

Poultices and fomentations are invaluable, and, if convenient, let the patient take a warm bath, at least a foot bath. Give an injection of starch, (small quantity,) with twenty-five drops of laudanum to an adult, and if it does not remain long enough to give relief, repeat it. Then envelope the whole abdomen in a hop poultice, and "throw physic to the dogs." After the disease is checked, let the patient eat sparingly of lime-water and milk, and gradually add a little rice boiled to pieces. Don't begin too soon on solid food, nor eat too much of any. If the patient is much prostrated, a little wine may be cautiously used.

DISEASE OF THE HEART.

Disease of the heart is often more apparent than real. Almost any organic affection of this organ is a serious and formidable difficulty. As it is impossible for any one to ascertain the real nature of the disease, without the aid of a physician, it would be folly for me to attempt to give any advice as to treatment.

SYMPATHETIC.

My object in alluding to any disturbance of this organ, is merely to guard the reader against unnecessary anxiety and fear, when the difficulty is sympathetic. Many complain of disease of the heart, when this organ is only giving them a friendly hint, that they are intruding upon the peace of its neighbor, the *stomach*.

Perhaps I have so often cautioned the reader in relation to this apparatus, that he is ready to say, the doctor has come to the conclusion that his fellow-beings are nearly *all* stomach. And how can I avoid such a conclusion, when I witness its capacity for such marvelous quantities of trash? And as it is a fact, that when this organ is not abused, the heart and the head will usually take good care of themselves, I feel the more constrained to say, Beware how you trifle in this department.

There is much palpitation, and bounding, and throbbing, and fluttering of the heart—and pain, and difficult respiration, and many unpleasant sensa-

tions in the cardiac region, all of which are caused by indigestion, and as soon as the organs of digestion are relieved, the heart beats on, with all the regularity of a clock.

HYGIENIC REMEDIES.

Now, to treat all sympathetic affections of the heart successfully, the first and most important step is to keep the digestive apparatus in a state of integrity. Eat plain food at proper intervals, and in proper quantities—exercise freely in the open air, and use cold water bathing and friction.

TENDENCY TO FATAL TERMINATION.

But it should not be forgotten that functional disturbance of the heart long continued, *may end in permanent incurable organic disease*. Hence the importance of doing nothing to disturb the functions of this vital organ.

CROUP.

This alarming disease is generally ushered in with little or no warning, and frequently in the dead of the night when all is still, and not the least danger is suspected. It is so frightful, and so suddenly fatal, unless promptly arrested, that every one who has the charge of children ought to know the importance of proper treatment, and the necessity for immediate action. There is no safety in delay, and little danger, comparatively, if no time is lost.

SYMPTOMS.

This disease is confined almost entirely to children between one and six years of age, and those who have ever heard the peculiar cough, or barking sound, which is usually the first symptom of its approach, can never afterward mistake it for anything else. It sounds somewhat like whooping-cough, but the respiration is more difficult. It is true there are symptoms, which those who are accustomed to the disease would observe before the malady is thus far developed ; but usually the disease is not suspected until the alarm is given by the peculiar cough, and stridulous breathing.

BE NOT DECEIVED.

I have said that the disease usually gives the alarm at night. In the morning it is frequently so much better that the parents begin to flatter themselves that the child is convalescing. But be not deceived.

It may appear much better throughout the day, but when the patient falls asleep, then worse than ever, if the disease is not effectually checked, will come on the restlessness, harrassing cough, frequent pulse, hoarse voice, and threatened suffocation.

DON'T WAIT.

The collapsed stage I need not describe, for little can then be done to any advantage; and hence the great importance of early treatment. Those who are familiar with this frightful disease, so understand it, that the moment they hear the croupy cough, they jump out of bed, and administer some remedy as soon as possible.

TREATMENT.

I have not spoken of the causes, for they are not well understood. Exposure to cold, damp, currents of air, is supposed to be the most common exciting cause of croup. Many are doubtless predisposed to this disease, and in such, a slight cold, or other exciting cause, may develop it.

The first and best remedy in all cases, at the onset, is, a thorough emetic, which may be Ipecac, say half a teaspoonful of the powder, mixed with half a tumbler of warm water, taken in four equally divided doses every five minutes till it operates freely, being promoted by drinking warm water. Tartar Emetic is a remedy of more power and value in proper hands, but it is not as safe in domestic practice, and I therefore do not recommend it.

After the emetic, a warm bath, or, if not conve-

nient, use a foot bath, made thoroughly stimulating by mustard, or cayenne pepper, and if a physician cannot be had before morning, give two grains of calomel to a child one year old, and increase the dose one grain for each year. In four hours after the calomel is taken, give a dose of castor-oil. If the alarming symptoms re-appear, give another emetic, and repeat the calomel. If the child is of a full habit, leeches will be serviceable if they can be obtained early. Put on as many of moderate size, as the child is years old, but keep them off the throat, for it may be necessary to stop the bleeding if the child should grow faint, and the throat will not bear sufficient pressure to arrest the hemorrhage. Put them on the top of the breast bone, near the throat, and then a small roll of cloth for a compress, say the size of a dime, but thicker, firmly pressed over the bite with the end of the finger, will surely prove effectual, if held long enough.

Now all the remedies which have been named except the leeches, can, and should be kept in readiness, and especially where apothecaries are not at hand.

It frequently happens that warm water is wanted in haste, when perhaps there are neither fire nor ordinary combustibles in the house. Now I am in the habit of meeting this emergency in a way so simple and so practical, that I will submit it to the reader, hoping that it may at some future time sufficiently serve his purpose to atone for its appearing so much out of place.

Well, take a newspaper and tear it up into strips,

say as wide as your hand, and roll them up loosely and ignite one end, holding the roll perpendicularly, to prevent the blaze from too soon approaching the hand, and over the blaze hold a metallic vessel containing the water, and those who have never tried it will be surprised to see how soon they can have a cup of tea. Hence, to get the full value of a newspaper, we must reduce the ink to practice, and the paper to ashes. And here we discover a two-fold inducement to patronize the *Printer*. I hope the poor fellows will not be forgotten.

RHEUMATISM.

As this malady is so prevalent, I suppose the reader will hardly pardon me if I do not listen a moment to his pitiful complaints about his "*rheumatics*." But I fear that I cannot be of much service to this class of sufferers. This is a singular and wide-spread disease, and is withal rather obstinate being very much inclined to have its own way, somewhat like its subjects.

LOOK OUT FOR METASTASIS.

There are two distinct forms of rheumatism, *acute* and *chronic*. The former is generally called *inflammatory* rheumatism, and is a very painful and dangerous disease. Its principal danger lies in its tendency to attack the heart. It often suddenly leaves its original seat, and takes hold of the heart, and sometimes with little or no symptoms to lead the patient to suspect the least danger. Whenever this affec-

tion suddenly leaves one part and attacks another, it is called *metastasis*.

IMMINENT PERIL.

Now should the reader be so unfortunate as to be visited with this painful malady, and should it abruptly leave the painful part, giving almost instant relief, you will have reason to fear that it has not left you, as many are led to suppose, but that it has rather taken up its abode in some internal organ, and probably the heart, and should you feel more or less pain shooting through the chest, with palpitation, and experience a sense of suffocation or difficult breathing, and especially in lying on the left side, you ought to be aware that you are in imminent peril, and that something should be done immediately.

FATAL CONCLUSION.

I make these remarks because some seem to suppose that if they have nothing but rheumatism, there is no danger of dying. But it is a great mistake—a fatal conclusion. Acute rheumatism is the most common among persons from fifteen to thirty years of age, and the most frequent seat for its attack seems to be the ankles and insteps. The attack is usually sudden, and in a few hours the affected parts become swollen, tense, and elastic. The knees usually soon become affected also, and the limbs are completely disabled, and cannot be moved without producing excruciating pain. This is attended with fever profuse sweating, frequent and full pulse, urgent thirst, urine scanty and high colored.

About the end of two weeks the severity of the symptoms generally abates. But convalescence is seldom well established in less than three or four weeks.

CAUSE.

It seems to be pretty well settled that the tendency to acute rheumatism is to some extent hereditary, though probably not as much so as *gout*. "The only known exciting cause is cold."

TREATMENT.

"No single remedy is yet known," says a popular author, "nor any plan of treatment which has the power of cutting short the course of acute rheumatism." Well, if the doctor cannot cut it short, the *patient* can hardly expect to be very successful in treating it. When it attacks the heart, blood-letting is all-important, and frequently when it does not, which will make it indispensable to have a physician, and to urge the necessity of this, is my principal object in these brief hints.

CHRONIC RHEUMATISM.

This form of rheumatism has become very fashionable. Almost every body complains more or less of rheumatism, and this is usually the form, if they have any. Many people call all their pains, and uneasy sensations, and stiffness of the joints, and soreness of the muscles, *rheumatism*. But the truth is, neither they nor doctors themselves, know what else to call it, in many instances.

Well, no matter. Every pain must have a name. Moreover, it saves much time and investigation to be able at any moment to call all our aches and pains *rheumatism*.

TREATMENT.

This affection differs from the acute form in several particulars. It is never so severe—never attacks the heart; and seldom, if ever, is it entirely cured. It is generally much worse during the cold season, and especially in a damp chilly atmosphere. On the return of summer it is much better, and frequently the patient thinks that it has departed altogether. But, see if a few cold rain storms and frosty nights do not wake up the lurking intruder.

This ought to be a sufficient hint to induce us to protect ourselves with a proper quantity and quality of clothing. Put on plenty of flannel or fur, and keep it on till warm weather, and then too, if you like it. This disease so often baffles every kind of treatment which seems to be indicated, that I must confess that I have very little faith in drugs. Take a trip to the West Indies, some say, and others affirm that although much benefit may be derived at the time, yet the predisposition to a re-attack will be stronger than ever, after the patient returns. Others recommend mineral waters, such as sulphur springs. Marked relief has been obtained from wrapping up the affected part in a thick paste of sulphur and molasses. I suppose, however that if the sulphur had been mixed with lard, oil, butter, vinegar, cider, or almost anything else, it would have done just as much good.

A sulphur fume bath is probably as effectual as any application. Simply steaming the part is often of much service. Whatever you do, whether you use hot water or cold, don't forget the *friction*. For all stiff joints and muscles, no matter what the cause, there is nothing better, if it is thoroughly done.

DYSPEPSIA.

HAVE PATIENCE TO READ AND FAITH TO PRACTICE.

While others receive a hint, the dyspeptic more than all will expect to be noticed. And perhaps no other sufferer needs a hint as much. As I feel deeply to sympathize with this unfortunate class of invalids, the reader will permit me to briefly notice a disease which hardly an individual of sedentary habits, entirely escapes. But possibly I have already said more than the dyspeptic has patience to read, or faith to practice.

A WEAK SPOT.

"The most of men," says an author, "by accident or constitution, have one organ more prone to disease than any other. It may be the stomach, the lungs, the brain, the heart. In that organ, whichever of these it may be, any exciting or debilitating exposure is apt, *first*, to generate derangement. That derangement then acts on all the other organs in exactly the same way as the primary foreign cause acted on the organ first deranged. In consequence,

the organ *next* prone to disease, next becomes affected."

In this manner, and by the various channels of circulation, respiration, sensibility, &c., the derangement of the digestive organs, secondarily implicates the brain, heart, spine, lungs, &c.

WIDE-SPREAD CALAMITY.

There is probably no other disease with which the human family are afflicted to so great an extent at the present day, as with *dyspepsia*. Moreover, there are few which make the sufferer more perfectly wretched, although many others are more fatal.

The sufferings of the *body* are by no means inconsiderable, and sometimes almost sufficient to make one sick of life. The wretched state of the *mind* is often still worse.

This disease abounds more in civic than in rural districts, and is more confined to those of sedentary habits, than to the active. Want of exercise in the open air, and imprudent eating and drinking have much to do in producing this disease. A writer observes, that *integrity of the digestive organs is the best guarantee against the invasion of disease in any of the others.*" Hence we perceive the importance of using every precaution to keep these organs in a healthful condition.

SYMPTOMS.

Headache is one of the common and troublesome effects of dyspepsia. Indeed, some are hardly free from it for months together. Others are more troubled with

a kind of confusion in the head, which makes them miserable without much real pain. They feel as though they were "not themselves," as they often say, and harbor the thought that it is useless to try to improve their condition.

There is often a tenderness along the spine, especially on the neck portion. Frequently there is tightness like a band around the temples—and often dark spots (*muscæ volitantes*) float before the eyes. Almost every dyspeptic is perfectly familiar with many other symptoms, such as nausea, vomiting, flatulence, heartburn, acid stomach, want of appetite, craving, voracious appetite, constipation at one time, and diarrhœa at another, want of strength, ambition, confidence, hope, &c. &c. Sometimes but one prominent symptom is present for many days, and it can hardly be expected that all which I have named will exist in any case at the same time.

Dr. J. Johnson, of London, believes that *tic dolo-reux*, epilepsy, and chorea, or St. Vitus' dance, are owing to irritation in the stomach and bowels; and there is not a doubt that all those severe neuralgic pains which often so torture the body, are frequently the sequel of some derangement in the digestive organs.

Another marked symptom is *debility*. There is generally more or less loss of flesh and strength. Patients often dread to make an effort to ascend a flight of stairs, and when they attempt it, it is frequently attended with a distressing fluttering of the heart, which makes them inclined to sit down at the top.

Another symptom, and which appears early in the disease, is great sensitiveness to the cold. Such persons hardly fail to have cold feet.

MISTAKEN SUPPOSITION.

Again, it is quite common for dyspeptics to be harrassed with a bad cough; and as it is often attended with more or less expectoration, wasting of the flesh and strength, and other alarming symptoms, no wonder that the patient and his friends begin to tremble, as they suspect the malady to be nothing less than consumption. Indeed it is, yet fortunately the kind of consumption that can be *cured* if the patient is *willing*.

PHYSICAL CAUSES.

Next to errors in diet and sedentary habits, there is probably no more fruitful source of dyspepsia, than improper *drugging*. It can hardly be condemned in too strong terms. I would here respectfully urge the reader to give this subject a candid thought. Possibly you may see the day that you will wish that you had earlier laid it to heart. Many would gladly retrace their steps in this particular if they could. The evil thus done is a serious and often irreparable one. Let mothers remember it.

SELF-TREATMENT.

Young ladies, from want of proper attention to diet, exercise, and other hygienic agents, are prone to be costive; and frequently from fear that a physician may be called, let the matter go on "from

bad to worse," until the general health becomes involved, or, what is common, resort to *self-treatment*, which is often worse than to let nature take its course. They go on taking pills, powders, mixtures, &c., by the recommendation of mothers, friends, and those they happen to meet, and the more they take the more indispensable does it appear.

COUNT THE COST.

Nor is this state of things confined to young ladies. Many others destroy their digestive organs by a frequent repetition of drastic cathartics and other improper remedies. When they once enter upon this course of treatment, it does not seem easy to stop, as the nature of the derangement which calls for assistance is only aggravated, and consequently a repetition must follow; and, to use the language of another, "is constantly employed by him, but probably after his own judgment, no physician having been yet applied to by him. He therefore falls into numerous and grave mistakes, as to the selection of medicines, and the times and circumstances in which they ought to be used. By such self-treatment, often more destructive than quackery, and more extensive in its operation, I have known irreparable damage done by patients to themselves; and easily remediable derangements converted into permanent disease, and enfeebling effects produced on the constitution, which no subsequent care or art of the most skillful physician could ever fully repair."

CAN'T BELIEVE IT.

Now, a warning voice against such mal-treatment is the more needful because these drugs generally give *relief* at the time they are taken, which makes it hard to convince the patient of their destructive tendency. They greatly relieve the body and the mind for a day or two, filling the patient with hope and delight, but they bring in their train a more formidable and abiding difficulty, even one which drugs instead of removing, only aggravate. It is often painful to witness the destruction of a good constitution by numerous and ruinous improprieties.

MENTAL CAUSES.

It may not be amiss to remember that mental agencies have much to do in producing as well as curing dyspepsia. There are many ways in which this sore affliction may be thus produced. An unkind word, a little cold neglect, or a sudden fright, may sufficiently depress the mind, to produce the most painful physical effect. And in this respect are men no less responsible, at least morally, for any intentional mental injury, than where physical suffering is the primary result.

For instance, a man who would not presume to remove a hair from his neighbor's head, will approach his *mental* comforts with more foxes and fire-brands than ever Samson sent into the harvest fields of the Philistines, with little or no compunction, though verily as guilty as if he had destroyed his property, or injured his person. Indeed he does

injure his person and frequently more seriously than he even supposes possible.

Other causes, both physical and mental, might be mentioned, but it is unnecessary.

MENTAL EFFECTS.

In protracted dyspepsia, the diseased organs morbidly affect the mental faculties. Hence, the mind becomes gloomy, fearful, fretful, suspicious, jealous, depraved, selfish, stupid, sullen and wandering. The man has no confidence in himself, none in his physician, none in his friends, and is afraid to meet his own shadow alone. Oh! how wretched and how to be pitied!

FEARFUL RESULT.

It sometimes happens that a man in this form of insanity, (and it is hardly anything less,) will make resolutions and redeem them, the very thought of which, in a sound state of mind and body, would make him shudder.

CALL FOR SYMPATHY.

Now, this is one of the most serious parts of our subject, which our reader should not forget; for if he is fortunate enough to have none of these terrible symptoms, yet, by keeping this in mind, he will be prepared to feel for those who certainly need the sympathies of humanity as much as any other class of sufferers which can be found in this world of misery. This is no speculation, it is no trifle. Here is a point

of the utmost importance, and one which I believe is too much neglected by the profession and others.

DRIVEN TO THE GALLOWS!

There can hardly be a doubt on the mind of any man who has ever given this subject a careful examination, that many have ended their days on the gallows, who would have lived and died respected, if they had ever been entirely free from gastric irritation. Yes, instead of the mind being "expanded with that disinterested generosity and philanthropy which prompts to all that is worthy or noble in action," under the deleterious influence of despondency and gastric irritation, it drives the dyspeptic to the intoxicating cup, the narcotic drug, the gambler's resort, the state prison's cell, the hangman's halter and the suicide's end.

Dr. Philip remarks that this disease "is characterized by a despondency that is hardly equalled by any other."

Dr. Paris says, "The depression of the dyspeptic spirit increases as the disease advances; he gives his case up as lost, loses flesh, suffers a thousand distressing sensations, and fancies the existence of a thousand more."

And Dr. J. Johnson declares that, "It is under the influence of such paroxysms as these that nine-tenths of those melancholy instances of suicide, which shock the ears of the public, take place."

MYSTERIOUS COMMUNICATION.

In treating no other disease is it more important to keep in view the influence of the mind upon the malady. The mind acts upon the brain, the great nervous centre, and depot of all intelligence, which communicates such impressions as it receives, to the different parts of the system, by those little nervous channels, which are far more wonderful than all human inventions put together, and through the medium of this *mysterious telegraph*, the muscles, which are the active organs of locomotion, receive orders, and are correspondingly active or passive, according to the nature of the communication.

ENCOURAGE CHEERFULNESS.

So when the mind envelopes the brain with a depressing influence, acting upon it like a narcotic, paralyzing its functions, the life-giving energy which usually radiates from it to all parts of the system, is deficient, and all the vital organs become more or less torpid. Hence the importance of keeping the mental faculties in a pleasant frame, both in preventing *disorder* and in curing *disease*. But this is not all.

PATHOLOGICAL UPROAR.

One dyspeptic man who happens to be naturally nervous and excitable, may be enough to keep a whole neighborhood in a perfect uproar. And if there chance to be many of the same stamp in town, a quiet man, fond of peace, would almost as soon tolerate a *modern mob*.

"In a multitude of cases," says an author, "the domestic unhappiness of families is owing to the irritability of temper and discontent of particular members of them : which irritability and discontent are in many cases purely owing to digestive derangements."

INDICATION FOR CHARITY.

It is a fact worthy of notice, that in these cases of unhappy commotion, which the author alluded to, very properly calls a "multitude," the real cause is never suspected. And but for this cause, how many would be happy themselves, and a great comfort to others, who, so far as real enjoyment is concerned, receive little, and produce less. They are always out of tune, and so there is no harmony without or within. They are miserable themselves, and almost conclude that others ought to be no better off.

They provoke and grieve their best friends almost beyond endurance, and know not why. Perhaps fancy that they are right, and others wrong. A man in health may bear an insult with that magnanimous composure which commands universal admiration ; but let gastric irritation supervene, and a very slight offence will make him flash like gunpowder, and rave like a maniac. And yet he would never suspect the cause of his irritable temper.

MORE SICK THAN CROSS.

It may be proper for me to step aside far enough to give parents, and those who have the charge of children, one hint in relation to this matter.

Whenever you find a child more irritable and fret

ful that usual—and you are probably aware that it is easier to discover such a pathological state in your children, than in yourself—depend upon it *that child is not well*; and instead of saying, “The child is *cross*,” you had better say, the child is *sick*. It will not only be nearer the truth, but it will put the evil in a more favorable position to be remedied.

Be assured there is something wrong in the system, and you ought to search it out. Let the *disorder* be removed before it becomes *disease*. And, nine times out of ten, the digestive apparatus will be found involved in the difficulty.

UNFORTUNATE TENDENCY.

From the tendency of the disease now under consideration, to morbidly affect the mental as well as the physical constitution, we perceive that it is peculiarly unfortunate for men in public life to be harassed with this disease.

So the man who unfortunately has naturally an irritable disposition, (if there be such a thing strictly speaking independent of morbid influence,) will find it much harder to strive against this infirmity with the twin-sister of irritation in his bosom.

It is truly unfortunate enough for all, but it seems to be worse for some than for others to be thus afflicted.

For example, is it not worse for the clergyman than the wood-sawyer?

Most assuredly it is, for the bonds of union between pastor and people are doubtless sometimes severed through this very agency to some extent, yet of course the very last cause to be suspected.

HEAR MORE—SLEEP LESS.

If the minister had not been quite so dyspeptic, he would perhaps have preached a little better. And if the congregation had had a little less gastric derangement, they would have *heard* a good deal more, and *slept* a good deal *less*.

THE DIFFERENCE.

But if the wood-sawyer happens to be a dyspeptic, though I never saw such an one, when anything disturbs or frets him, he can saw on the harder, and make the splinters fly the faster.

Not so the clergyman. Can he chop logic, as the man in the forest chops wood? Not quite. But we need pursue this part of our subject no further. A word to the dyspeptic will suffice.

TREATMENT.

Ah, yes, says the dyspeptic, that is what I want to know something about. I do not care to hear much about the *symptoms*, for I am quite too familiar with them already. And as for the *effects*, I suppose that I have realized more in one short hour than you can tell me in a month. The *causes* interest me little more, for I am now more anxious to know how to get out of the trap, than to know how I got in!

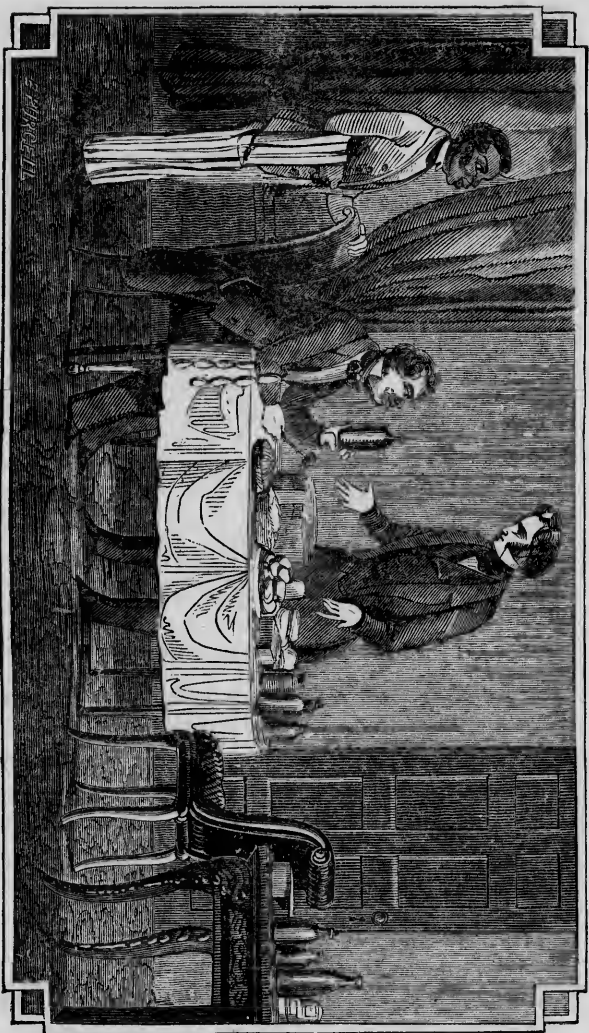
DON'T BELIEVE IT.

I have struggled long and hard to escape this wretched bondage. One says, do *this*, and your heart-burn, flatulence, constipation, vomiting, gloominess, and a score of other physical and mental tormentors

will quickly disappear. Another says, take *that*, and you will surely find relief.

A LITTLE TOO MUCH.

But the more I hear, the less I know ; and the more I do, the worse I feel. One would suppose that I had done quite enough long ago to be *cured* ; for I have followed almost every body's direction, young and old, bond and free. I have tried all sorts of drugs, both good and bad—all sorts of doctors, sane and mad—all sorts of systems, new and old—all sorts of climates, hot and cold—all sorts of food, as well as fasting, and all to no purpose. Still I abstain and dose, and starve and feed, and hope and fear, and toil and rest, and walk and run to get advice ; and here comes my fifteenth doctor, who is also well nigh puzzled to know what I shall do next !



Dyspeptic admonished

Ah, yes, you have done quite too much ; and the wonder is not that you are not *cured* ; but the mystery is, that you are not *killed* !

RESULT DOUBTFUL.

Now I confess that I well nigh despair of giving any advice to such an invalid that will be of any value, unless he will resolve at once to abide by the directions of his family doctor, and let quacks starve if they will, rather than work. But this he probably will not do. When the physician informs him that certain remedial agents are needful, and prepares for him the very article which he needs, and tells him to take a given quantity daily for a week, or a month, and take nothing else ; after a dose or two, he begins to want a change, if not of doctors, of remedies, and, by the help of friends and others, down goes a dozen different kinds of drugs, in as many days.

TOO MUCH IN A HURRY.

If the physician says, Stop awhile, and let nature have a chance to do her part of the cure, and refuses to give him any medicine for a week, before Saturday night he will very likely consult every man and woman skilled in the healing art, within his reach ; and resolve to thrust into his abused stomach a good share of all the trash that time and folly can collect.

NO STAMINA.

If his physician says, be sure that you eat nothing within ten days, but boiled rice, bread and milk, roast-

ed oysters, and occasionally a little mutton-chop; if his appetite is voracious, as is frequently the case, and his palate fitful, he will very likely be seen in less than half the time, running after Bologna sausages, diving into plum-puddings—pushing down apple-dumplings—and wishing that he had a few tarts, a measure of nuts, a dish of fried clams, a bowl of sour-crout and a dozen cigars.

The dyspeptic is generally *made* so, by eating improper food—is *kept* so, by eating such, and too much of it, and if he is ever cured, it will be by taking proper remedies, and in moderate quantities, from the *dinner-table*, rather than from the *drug-shop*.

JUBILEE.

But still he may be so situated that a few hints may not come amiss. And surely if any feeble effort of mine, can straighten the crooked path, and smooth the rugged way of a dyspeptic, I shall esteem it as one of the most fortunate circumstances of my life. For scarce anything earthly could give me more satisfaction, than to see such an unfortunate mortal rejoicing in health, and find him sending abroad among his friends the glad tidings of his deliverance, saying, Come in and rejoice with me, for "*the year of Jubilee has come!*"

You ask what you shall do; and although I may not be able to give you a satisfactory answer, or as good advice as you have had already, for I have no *wonderful specifics*, and do not expect any, yet, let me say one thing, and that is, Do not do *too much*.

DANGER OF DRUGGING.

Remember that I remarked, that improper drugging was one of the very common *causes* of this disease, and if this be true, as I verily believe that it is, we can hardly expect it to prove a *cure*. You had better stand still than to go in the wrong direction. You will find the right path much sooner, and come to the end of your journey much safer.

NATURE'S SPECIFICS.

The next caution that I would give you, is, to look well to your regimen. Remember the advice given under the heads of diet and exercise, and not forget the few hints on ventilation, or the importance of pure air. These are the grand remedies which are always found in *Nature's great medicine chest*. These are her specifics. Hence it becomes you to look well to these agents, and treat them as your best friends, and keep in mind, that in abusing them you abuse yourself, and be as cautious how you step aside from the path of safety, as if you were walking among *asps*!

STEADILY PERSEVERE.

With due attention to diet, (*see lime-water and milk*), exercise, pure air, regular and temperate habits, use of the cold shower-bath, beginning with tepid water, gradually increasing the cold, a draught of cold water the first thing in the morning, a table-spoonful of finely pulverized charcoal daily, plenty of friction two or three times a day, over the entire abdomen and spine with strong vinegar and salt, cold water

injections, and by letting drugs alone, unless your physician directs them, and last, but not least, with a *cheerful frame of mind*, we may confidently hope for a favorable result. Aim at regular habits every morning, and observe an appointed hour, and you will probably be agreeably disappointed in the result.

Carefully watch the effects of different articles of food, and religiously shun such edibles as disturb the peace of the stomach.

CHEER UP.

Believing that nothing but harm will be gained by gloomy spirits, I would again urge the importance of such a variety of exercises and pursuits as will tend to keep the mind in as pleasant a frame as possible. Keeping this in view, I have endeavored from the outset, as the reader is aware, to keep up if possible, a cheerful flow of mental sensations. Possibly I shall not escape the charge of *excess*. To accommodate any, I will plead guilty, for I am aware of my fallibility.

But never mind that. Chase away your gloomy thoughts—forget your pains—shut out your fears—light up your hopes—wake up your powers—brace up your nerves—hunt up your friends—drive off your foes—dry up your tears—and just turn over the leaf, and look awhile at the bright side of the picture. And, among other remedies, ride horseback, chase game, dig in the garden, weed the onions, kill the rose-bugs, look at the flowers, bow to the ladies, feed the chickens, run, jump, laugh, shout, hope, hunt, fish, whistle, sing, rest.

THE GUIDE POST.

Suppose that in travelling through a strange country, in the course of my journey I happen to come to a place in the wilderness where two ways meet, under such circumstances as to be compelled to select my path without any positive knowledge of either. But hoping that I have made the right choice, I press on through difficulties, and over obstacles until I hear a voice at a little distance crying, *Stop, stranger !*

Hoping to get some important information, I gladly halt, to ascertain the author and the object of the salutation. I soon discover an honest-looking man approaching, fatigued and panting for breath, which I soon learn is the result of a special effort for my benefit.

He says, Friend, you must be much out of your way ! I presume you are a stranger in the wilderness, and consequently have taken the wrong road. It will be utterly impossible for you to proceed in this direction much farther ; and as you probably intended to go the *village*, to do so, you will be compelled to return to the road that you left, *ten miles back !*

Now this kind friend would truly be entitled to my warmest gratitude for the friendly hint, but after all would not be of half as much service to me as would, at the right point, a simple GUIDE POST !

Acting upon this principle, believing that I could better serve the traveller by erecting guides, and raising beacons, than by chasing those who have gone astray, I have ventured to give to the public a few plain "Hints," hoping that they may in some

measure serve as "guide posts" to prevent perilous errors, and fatal mistakes in the journey of life.

CONCLUSION.

To conclude the important subject of health and life, I beg leave to point the reader to the "Balm in Gilead, and the physician there." Life is uncertain—time, at the most, is short—the "King of Terrors" is near at hand, and the grave will soon swallow you up. Your only hope and safety, fellow traveller, is found in Him who is both the *Physician* and the *Remedy* for that malady which kills beyond the tomb.



The Odd Fellows' Amulet : or the principles of Odd Fellowship defined ; the objections to the order answered ; and its advantages maintained ; with an address to the public, the ladies, and the order. By Rev. D. W. BRISTOL, Pastor of the M. E. Church, and P. G. of Osco Lodge, No. 304, at Auburn, N. Y.

The Rev. Mr. Bristol, the author of the above work, is a popular clergyman of the Methodist church. He appears to have written the work not merely for Odd Fellows, but to disabuse the public mind, if possible, of prejudices formed against the Order. A spirit and design of apparent sincerity appears to pervade the entire work, and the writer discusses his themes and meets the objections urged against Odd Fellows, with a great deal of candor and respect. No person, we think, can read it, whatever may have been his prejudices hitherto, without having those prejudices at least, considerably softened, if not wholly taken away. The style of the writer is captivating, while the arrangement and classification of his subjects adds interest to the volume. We have no hesitancy in recommending the Amulet as a book that may be read by the public.—*Genesee Evangelist*.

We have wiled away several hours pleasantly and profitably in its perusal, and can recommend it as a work deserving of a large circulation. The principles of the Order are set forth by its author, the Rev. D. W. Bristol, a distinguished Methodist clergyman, in a masterly manner, objections instituted by many to the Order, are fairly tested, and answered in a mild and satisfactory way. It is a cheap and useful work, and we cheerfully recommend it to public favor.—*Mirror of the Times*.

Able and exceedingly interesting articles, that we would most cordially commend to the attention of every reader, while we are gratified at being able to bring them under the notice of members of the great Order. The work contains also Addresses by Rev. D. W. Bristol, and is embellished with several fine Steel Engravings. Fully and correctly defining the principles of O. F., it should fill a niche in the library of every Odd Fellow, where it will furnish a mine of valuable matter whence he can draw at all times for the facts illustrative of the great principles of the noble institution of Odd Fellowship.—*Golden Rule*.

It is an excellent work, and worthy of the patronage of the Order. The objections often urged against our institution, are most thoroughly examined, and ably answered. The book is got up in good style, and is offered at a low price.—*The Ark*.

We should think that every lover of the Order which this book upholds would adorn his library with it ; and every person that is opposed to it should also have one so that they could see their objections answered. We would say to every lover of the poor and afflicted, buy one and peruse it for yourselves and see what the Odd Fellows do for them. Its motto is "Do unto others as ye would have others do unto you."—*The Bee*.

This is a clear, forcible, and well written exposition of the subjects above named, and a book that every Odd Fellow in the country should be in possession of. The work is well got up, and embellished with several fine engravings appropriate to the subject of which it treats. It is sold at the low price of one dollar, and can be mailed to any part of the United States.—*Banner of the Union*.

Golden Steps to Respectability, Usefulness and Happiness; being a series of Lectures to the youth of both sexes on Character, Principles, Associates, Amusements, Religion, and Marriage. By JOHN MATHER AUSTIN. Derby, Miller & Co., Auburn, 1850. 243 pp.

The author of this book is a writer of superior attraction, and has here selected a subject of deep interest. Could the youth of the country be induced to exchange the Buntline, Lippard, and Ingraham literature of the day, for such reading as this, the benefits to themselves and society would be incalculable.—*Lockport Courier*.

We honor the heart of the writer of this volume as well as his head. He has here addressed an earnest and manly appeal to the young, every page of which proves his sincerity and his desire for their welfare. The subjects treated of in the different lectures are those indicated on the title page. Integrity and virtue, usefulness, truth and honor, are the "Golden Steps" by which the young may ascend to respectability, usefulness, and happiness. We trust the seed thus sown will not be without its fruit, and that his readers will imbibe the spirit of the motto he has chosen—

"Onward! onward! toils despising,
Upward! upward! turn thine eyes,
Only be content when rising,
Fix thy goal amid the skies."

—*Albany State Register*.

The work of Mr. Austin, written in a pleasing style, and nervous and pointed in its argumentation, will hold a prominent position among the fortunate endeavors by which the rising generation are to be influenced. The volume before us is beautiful in its exterior, and this, combined with the aim of the author, in which he has admirably succeeded, will give it a wide range, and secure for it, we hope, an invaluable influence.—*Buffalo Christian Advocate*.

A plain, familiar, forcible exposition of the duties and responsibilities of Youth, which can hardly be read without exerting a salutary and lasting influence. Judging from the popularity of Mr. Austin's former works, we predict for it a wide circulation.—*New York Tribune*.

If the precepts eloquently and forcibly urged in these pages could be brought home and impressed upon the minds of the mass of youth in our land, they would confer lasting and incalculable benefits upon the rising generation. We cordially commend this work to the attention of the young and all who have charge of them.

The publishers have executed their work admirable, and have brought out an elegant and beautiful book. Their work will compare favorably with any of the New York houses.—*Troy Post*.

The following extract has reference to the "golden steps" of the President of the United States, Millard Fillmore:—(See page 69.)

Headley's Women of the Bible: Historical and descriptive sketches of the Women of the Bible, as maidens, wives, and mothers; from Eve of the Old, to the Marys of the New Testament: by Rev. P. C. Headley, in one 12mo. volume, illustrated—uniform with "Headley's Sacred Mountains." \$1.25.

The author of this work possesses enough traits of resemblance to the author of the Sacred Mountains, to leave no doubt of his right to the name of Headley. There is much of that spirited descriptive power, which has made the elder brother a popular favorite, and gives promise of a successful career on his own account. The sketches are brief, and embody all the historic incidents recorded of them.—*New York Evangelist*.

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D. D., Professor of Christian Theology in the Theological
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"'OLD ZACH!' 'OLD ZACH!' the war cry rattles
Among those men of iron tread,
As rung 'OLD FRITZ' in Europe's battles
When thus his host Great Frederick led."

Literary World.